

A Girl's Heart

拍数: 0 墙数: 4 级数: Intermediate/Advanced
编舞者: Nicole Griehsler (AUT) & Dagmar Blecha (AUT)
音乐: From Zero to Hero - Sarah Connor



Sequence: AA BB C AA BB Bridge BBB

PART A

SIDE DRAG TOUCH, COASTER STEP, WALK TWICE, TRIPLE STEP FORWARD

1-2 Right foot big step to the right, left foot drag to right foot
3&4 Left foot step back, right foot next to left foot, left foot step in front
5-6 Right foot step forward, left foot step forward
7&8 Right foot step forward, left foot drag behind right foot, right foot step forward

ROCK FORWARD, LOCKED STEP BACK, ROCK BACK, FULL TRIPLE TURN LEFT

1-2 Left foot step forward, rock weight back on right foot
3&4 Left foot step back, lock right foot in front of left foot, left foot step back
5-6 Right foot step back, rock weight back on left foot
7&8 ½ turn right foot step forward, ¼ turn left foot step left, ¼ turn right foot next to left foot

¼ SAILOR TURN LEFT, KICK CROSS BACK, WALK 2X, SIDE AND CROSS

1& Step left foot behind right foot, right foot step to right and turn ¼ over left shoulder,
2 Step left foot to left side
3&4 Kick right foot forward, cross right foot in front of left foot, step left foot back
5-6 Step right foot forward, step left foot forward
7&8 Step right foot to right side, weight back on left foot, cross right foot in front of left foot

SIDE AND CROSS 2X, STEP ½ TURN RIGHT, TWIST TWICE AND CLAP TWICE

1&2 Step left foot to left side, weight back on right foot, cross left foot in front of right foot
3&4 Step right foot to right side, weight back on left foot, cross right foot in front of left foot
5-6 Left foot step forward, turn ½ over right shoulder (end with weight on left foot)
&7 Twist heels to the right, twist heels back
&8 Clap hands twice

PART B

WALK 2X, LOCKING SHUFFLE, ROCK, ¼ SAILOR TURN LEFT

1-2 Right foot step forward, left foot step forward
3&4 Right foot step forward, lock left foot behind right foot, right foot step forward
5-6 Left foot step forward, rock weight back on right foot
7& Cross left foot behind right foot, step right foot to right side and turn ½ over left shoulder,
8 Step left foot to the left

¼ TURN, SIDE BEHIND ¼ TURN 3X, SIDE TOUCH

1 Step right foot to right side,
2& Cross left foot behind right foot, turn ¼ over right shoulder step right foot in front
3 Step left foot to left side,
4& Cross right foot behind left foot, turn ¼ over right shoulder step left foot back
5 Step right foot to right side,
6& Cross left foot behind right foot, turn ¼ over right shoulder step right foot in front
7-8 Step left foot to left, touch right foot next to left foot

SIDE- TOGETHER TWICE, ROCK FORWARD, COASTER STEP

- 1-2 Step right foot to right side, slide left foot next to right foot
- 3-4 Step right foot to right side, slide left foot next to right foot
- 5-6 Step right foot forward, rock weight back on left foot
- 7&8 Step right foot back, step left foot next to right foot, step right foot shoulder wide next to left foot

TWIST LEFT & RIGHT 2X (WITH BENDING KNEES), ARM MOVEMENT, BEHIND SIDE TOUCH

- 1-2 Twist both heels to the left, twist both heel all the way to the right (at the same time go down, bend your knees)
- 3-4 Twist both knees to the left, twist both knees back to right (while twisting came all the way back up)
- 5-6 Point right hand straight up, point right hand to the floor
- &7 Step left foot to right foot, cross right foot over left foot
- 8& Step left foot to left side, touch right foot to left foot

PART C

MONTEREY TURN TWICE

- 1-2 Touch right toe out, turn ½ on left (drag right foot next to left foot)
- 3-4 Touch left toe out, step left foot next to right foot
- 5-6 Touch right toe out, turn ½ on left (drag right foot next to left foot)
- 7-8 Touch left toe out, step left foot next to right foot

CROSS BACK, COASTER STEP, STEP LEFT, POINT RIGHT, SPIN RIGHT (OUTSIDE SPIN)

- 9-10 Cross right foot over left foot, step left foot back
- 11&12 Step right foot back, step left foot next to right foot, step right foot forward
- 13-14 Step left foot forward, touch right foot to the side (prep to turn)
- 15-16 Full turn on left foot over right shoulder (spin)

BRIDGE

- &1 Touch right foot to the side (prep to turn),
- 2 Full turn on left foot over right shoulder (spin)

ARM MOVEMENTS

1st round Part A, count 10, Sarah Connor sings "to you". Point fingers straight forward

2nd round Part A, count 10, Sarah Connor sings "someone who's strong". Bend both arms and show your biceps

3rd round Part A, count 10, Sarah Connor sings "in love with a girl". Ladies turn your hips

4th round Part A, count 10, Sarah Connor sings "your love is so strong". Bend both arms and show your biceps

Dance Part C the second time softer and smoother
