

拍数: 48 墙数: 4 级数: Intermediate
 编舞者: Margaret Swift (UK) - February 2007
 音乐: T.G.I.F. - Lonestar : (CD: Let's Be Us Again)



32 count intro, starts on vocals

Section 1 Walk, Walk, Point Flick, Cross Back Turn Brush

1 ? 2 Step forward right Step forward on left.
 3 ? 4 Point right to right side, Flick right heel up to right.
 5 ? 6 Cross right over left. Step back on left
 7 ? 8 Turn ¼ right stepping forward on right. Brushing left forward.

Section 2 Shuffle, Step Touch, Walk Back X2, Triple ½ Turn

1 & 2 Step forward left. Close right to left. Step forward left
 3 ? 4 Step forward right. Touch left toe behind right heel
 5 ? 6 Step back on left. Step back right.
 7 & 8 Triple ½ turn left over left shoulder, Stepping ? left, right, left,

Section 3 Chasse Step Back. Kick. Cross Turn ¼ Step Back Point

1 & 2 Step right to right side. Close left to right. Step right to right side.
 3 ? 4 Step back diagonally on left. Kick right forward
 5 ? 6 Cross right over left. Turn ¼ right stepping back on left.
 7 ? 8 Step back on right. Point left to left side.

Section 4 Cross Point. Cross Point. Cross Back. Triple ½ Turn Left

1 ? 2 Cross left over right, Point right to right side
 3 ? 4 Cross right over left, Point left to left side
 5 ? 6 Cross left over right, Step back on right,
 7 & 8 Triple ½ turn over left shoulder, Stepping ? left, right, left,

Section 5 Heel Hold, Toe Hold, Step Hold ¼ Turn Left Hold

1 2& Right heel forward, Hold, Step right next to left,
 3 ? 4& Point left toe back, Hold, Step left next to right,
 5 ? 6 Step forward right, Hold,
 7 ? 8 Pivot ¼ turn left, Hold.

Section 6 Right Shuffle. Left Shuffle. Step ½ Pivot Left. Kick Ball Change

1 & 2 Step forward on right. Close left next to right, Step forward on right
 3 & 4 Step forward on left, Close right next to left, Step forward on left
 5 ? 6 Step forward on right, Pivot ½ Turn left
 7 & 8 Kick forward on right, Step right next to left, Step left next to right

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