

# Girlfriend

**COPPER** **NOB**  
STEPSHEETS

拍数: 64                      墙数: 4                      级数: Intermediate  
编舞者: Bracken Heidenreich (USA) - February 2008  
音乐: Girlfriend - Avril Lavigne : (CD: The Best Damn Thing)



**Start immediately!!**

The clock positions in parentheses indicate the direction you should be facing at the end of the movement.

Or Music: Reckless by Aaron Watson, CD: The Honky Tonk Kid; 48 Count Intro

## **(1-8) HIP BUMPS, KICK, KICK, SAILOR-OUT**

1,2,3,4              Feet apart, weight on right: Bump hip to left side; Bump hip to right side; Bump hip to left side; Bump hip to right side  
5,6                  Kick left across right; Kick left to left side  
7 & 8                Step left behind right; Step right to right side; Step left to left side (12:00)

## **(9-16) TWIST, TWIST, KICK, KICK, SAILOR**

1,2,3,4              Twist both heels to left; Bring heels center; Twist both heels to left; Bring heels center, ending with weight on left  
5,6                  Kick right across left; Kick right to right side  
7 & 8                Step right behind left; Step left to left side; Step right slightly forward (12:00)

## **(17-24) FORWARD ROCK, TRIPLE STEP HALF, TRIPLE STEP HALF, BACK ROCK**

1,2                  Rock left forward; Recover to right  
3 & 4                Turn 1/4 left and step left to side; Step right together; Turn 1/4 left and step left forward (6:00)  
5 & 6                Turn 1/4 left and step right to side; Step left together; Turn 1/4 left and step right back (12:00)  
7,8                  Rock left back; Recover to right

## **(25-32) JUMP, CLAP, JUMP, CLAP, TRIPLE STEP, TRIPLE STEP**

& 1,2                &1 – Jump forward stepping Left, Right; 2 - Clap  
& 3,4                &1 – Jump back stepping Right, Left; 2 - Clap  
5 & 6                Step Right forward to right diagonal; & Step Left together; Step Right forward to right diagonal  
7 & 8                Make 1/4 turn left, then step Left forward; & Step Right together; Step Left forward (9:00)

## **(33-40) KICK, KICK, KICK, KICK, TOUCH, KICK, BEHIND AND CROSS**

1,2                  Kick right across left; Kick right to right side  
3,4                  Kick right across left; Kick right to right side  
5,6                  Tap right behind left; Kick right to right side  
7 & 8                Step right behind left; & Step left to left side; Step right across (in front of) left (9:00)

## **(41-48) KICK, KICK, KICK, KICK, TOUCH, KICK, BEHIND AND CROSS**

1,2                  Kick left across right; Kick left to left side  
3,4                  Kick left across right; Kick left to left side  
5,6                  Tap left behind right; Kick left to left side  
7 & 8                Step left behind right; & Step right to right side; Step left across (in front of) right (9:00)

## **(49-56) TRIPLE SIDE, BACK ROCK, TRIPLE SIDE, BACK ROCK**

1 & 2                Step right to right side; & Step Left together; Step Right to right side  
3,4                  Rock left back; Recover to right  
5 & 6                Step Left to left side; & Step Right together; Step Left to left side  
7,8                  Rock right back; Recover to left

**(57-64) OUT, OUT, SAILOR STEP, BEHIND, UNWIND, TWIST**

- 1,2            Step Right to right side, Step Left to left side  
3 & 4        Step right behind left; Step left to left side; Step right slightly forward  
5,6        Touch right behind left; Unwind 1/2 turn to left ending with weight on right (3:00)  
7,8        Twist both heels left; Bring feet center
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