

Girl You Know It's True!

拍数: 64 墙数: 2 级数: Beginner
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音乐: Girl You Know It's True - Lemon Ice



Note: Start dance after 24 counts (on verse) at time track 00:14

Rumba Box Pattern Into Funky Heel Walk Back, Ball Cross, Side, Dip With Knees In And Arm Punch, Knees Out

1& Slide left to left, slide right beside left
2 Slide left back as you grind on right heel to swivel right toes to right
3 Slide right back as you grind on left heel to swivel left toes left,
& Slide left back as you grind on right heel to swivel right toes to right
4 Slide right back as you grind on left heel to swivel left toes to left,
&5-6 Step left beside right, cross right over left, step left to left
(end with feet shoulder width apart and each knee pointing out to each side)
7 Dip down by turning both knees in as you punch right arm up and slight forward
8 Pull right arm down as you turn both knees out but now keeping the dip in position

Syncopated Weave, Upper Body Bend Into Pose, Recover, Cross Lunge, Recover, Side

9&10& Cross right over left, step left to left, cross right behind left, step left to left
11&12& Cross right over left, step left to left, cross right behind left, step left to left
13-14 With upper twisted slightly to right, bend upper body down as if you are trying to pick something up from the floor meanwhile pumping left arm down in front to enhance your funkier feel, hold one count in this pose
& Quickly recover to upright standing position
15&16 Cross lunge right over left, recover weight to left, step right to right

Make 1/8 Right Turn, Pivot 1/2 Right Turn, Forward, Pivot 5/8 Left Turn, Side, Forward Coaster

17-19 Execute 1/8 turn right and then step left forward, pivot 1/2 turn right, step left forward
20-22 Step right forward, pivot 5/8 turn left, step right to right
23&24 Step left forward, step right beside left, step left back

Travelling Back Full Right Turn, Side Shuffles With Hip Pushes, Forward Mambo

25-26 Execute 1/2 turn right and then step right forward, execute another 1/2 turn right and then step left back
27&28 Step right to right, step left beside right, step right to right
29&30 Step left to left, step right beside left, step left to left
32&33 Rock right forward, recover weight onto left, step right back

Styling: To enhance funkier feel, pump both arms to right and push your hips right on counts 27&28. Likewise, pump both arms to left and push your hips left on counts 29&30.

Cross Lunge, Recover Side, Cross, Lunge, Recover, Side, Cross, Full Right Hitch Spin Turn, Side Touch, Knee Fan In-Out, Close Together

34&35 Cross lunge left over right, recover weight onto right, step left to left
&36& Cross lunge right over left, recover weight onto left, step right to right
36 Cross left over right
37-38 Hitch right knee, spin a full turn right on left with right remained in hitch position
39&40& Touch right to right, fan right knee in, fan right knee out, step right close beside left

Hip Roll, Side Mambo, Syncopated Quick Kicks

41-42 Roll hips anti-clockwise
43&44 Rock right to right, recover weight onto left, step right beside left

- 45&46 Rock left to left, recover weight onto right, step left beside right
47&48 Kick right towards left diagonal, kick right straight forward, kick right towards right diagonal
Note: Keep the kicks in counts 47&48 real low and quick and demonstrate the direction of kicks clearly.

Ball Cross, Side, ½ Left Sailor Turn, Shoulder Pops And Lean

- &49-50 Step right beside left, cross left over right, step right to right
51&52 Sweep left around from front to back and then cross left behind right, execute ½ turn left and then step right to right, step left forward
53&54& Step right to right and then pop right shoulder up, pop left shoulder up, push right shoulder right and lean then upper body towards right, recover to upright standing position
55&56& Pop left shoulder up, pop right shoulder up, push left shoulder left and then lean upper body towards left, recover to upright standing position

Twinkle Patterns, ½ Left Unwind Turn, ½ Left Sweep Turn

- 57&58 Cross right over left, step left to left, step right to right
59&60 Cross left over right, step right to right, step left to left
61-62 Cross right over left, unwind ½ turn left
63-64 Execute ½ turn left as you sweep right around, cross right over left

Repeat

NOTE: At the beginning of the 5th rotation facing 12 O' Clock, you'll encounter a 4-counts BREAK in the music and either a tag or restart should be applied. In view that it does not affect the steps and music co-ordination badly and also it's approaching the end of dance, it's not longer significant and can be ignored. Hence, the choice of neither tag nor restart has been opted.
