

Go Girl DTJ

拍数: 64
编舞者: Shirley Chan (MY) - April 2011
音乐: Go Girl (feat. Trina) - Pitbull

墙数: 2

级数: Phrased Improver



Counting starts at "I party like a Rock Star ...after 16 counts, dance start at ... "Baby I'm a Super star.."

Sequence : A, A, A, B, A, A, A, B, A, A(16 counts – after 2 hip rolls), A, B, B

Part B always starts with, " Go Girl, go girl..." except for last B.

Note: Face front wall after 24 counts of walking in circle (1 ¼) so that you end your dance facing the front wall.

PART A (32 Counts):

Mambo Forward, Mambo Back, Cross Samba, Sailor Step

- 1&2 Rock right foot forward, recover on left, step right foot together
- 3&4 Rock left foot back, recover on left, step left foot together
- 5,6 Cross right over left, rock left to left side, recover weight to right
- 7 & 8 Cross left behind right, step right to right side, step left to left side

Cross Shuffle (x2), Hip Roll (x2)

- 1&2 Cross right over left, step left in place, cross right over left
- 3&4 Make ½ turn. Cross left over right, step right in place, cross left over right
- 5,6 Step right to right weight on left, do a 1/8 right hip roll
- 7,8 Step right to right weight on left, do another 1/8 right hip roll.

(Direction should be facing 3'clock)

Robotic Walk (x2), Kick, Step apart & close

- 1 - 2 Step right forward, HOLD - leaning slightly forward (look to the right)
- 3 - 4 Step left forward, HOLD - leaning slightly forward (look to the left)
- 5&6& Kick right, Foot step apart,
- 7&8 foot step together, foot step apart

Step Apart Forward, Step Apart Backward, Toe switch, Jazz Box ¼ turn

- 1,2 Jump Forward with both feet apart, Jump backward with both feet apart
- 3,4 Toe switch to the left, Toe switch to the right
- 5,6,7,8 Cross right over left, step back on left turn ¼ to right, step right on right, Step left to right

PART B (32 Counts):

Chest Pump (x4), Body roll (x4)

- 1-4 Step Right feet to right, left together right, right to right, left together right (chest pumps)
- 5-8 Step Left to left, right together left, left to left, right together left (chest pumps)

- 1,2 Step right to right slightly diagonal (weight on right) do a body roll towards right
- 3,4 Bring left to right, step right to right diagonal (weight on right) do a body roll towards right
- 5,6 Roll body to diagonal left (weight on left),
- 7,8 step right together, step left to left diagonal do body roll

Walk in a circle, Hip, Body Ripple

- 1-8 Turning left, walk one full circle. Right to right, left to left (x8). Relax and shake it up as you walk

- 1-4 End with feet together slightly bent, hip to right, left, right, left
- 5,6 Bring Right feet to slightly diagonal right, body ripple down (chest roll up follow by torso and sit)

7,8

Body reverse ripple up (at sitting position roll torso follow by chest back to standing position)

***** ENJOY *****
