

Let's Go Girls !

拍数: 40 墙数: 4 级数: Beginner
编舞者: Carrie Ann Green (ES) - February 2012
音乐: Man! I Feel Like a Woman! - Shania Twain



Fwd-Side Kick. Coaster. Double Switch. Heel. Step and Toe (12:00)

1, 2 Kick Right foot forward. Kick Right foot out to Right Side
3&4 Step back onto Right, step left next to Right, step forward onto Right.
5&6 Point Left foot to left side, step Left foot next to Right, point to Right side
&7 Step Right next to Left, touch Left heel forward.
&8 Hop slightly back onto Left, touch right toe backward – whilst 'dipping your hat' forward.

Rock. Recover. 1/2 Shuffle, Rock. Recover. Coaster (6:00)

1, 2 Rock forward onto Right. Recover onto Left
3&4 Shuffle back with half turn over right shoulder (R,L,R) (6)
5, 6 Rock Forward onto Left. Recover onto Right
7&8 Step backward onto Left, step Right next to Left, step forward onto Left.

Rock. Recover. 3/4 Triple, Rock. Recover. Coaster (3:00)

1, 2 Rock forward on Right recover
3&4 Triple $\frac{3}{4}$ turn over right shoulder (R,L,R) (3)
5, 6 Rock forward onto Left. Recover onto Right.
7&8 Step backward onto Left, step Right next to Left, step forward onto Left

Fwd. 1/4 Pivot. Cross Shuffle. Side Rock. Behind-Side-Cross (12:00)

1, 2 Step forward on right. Pivot $\frac{1}{4}$ left (weight on left) (12)
3&4 Cross right over left, step Left next to Right, cross Right over Left.
5, 6 Rock left to left side. Recover onto right
7&8 Step Left behind Right, step Right to Right side, cross Left over Right.

Side Rock. Behind 1/4 Left Fwd, Fwd. 1/2 Pivot Right, Shuffle (3:00)

1, 2 Rock right to Right side. Recover onto Left
3&4 Step Right behind left, turn $\frac{1}{4}$ left & step forward onto Left (9), step forward onto Right.
5, 6 Step forward onto Left. Pivot $\frac{1}{2}$ Right (weight on right) (3)
7&8 Shuffle forward (L,R,L)

Last Revision - 26th February 2012