

Girl Power

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Simon Ward (AUS), Debbie McLaughlin (UK) & José Miguel Belloque Vane (NL)
- October 2013
音乐: Woman's World - Cher : (Album: Closer To The Truth)



Notes: 2 x Restarts, Walls 1 & 3 after count 56. 4 count bridge on Wall 6 after count 32. Intro 16 counts into track

1st Place: 2013 Windy City Linedancemania Instructors Choreography Competition

[1-8] Right side, L toe behind, ¼ L, ¼ L, L behind R, ¼ turn R, Shuffle fwd L

1-2 Step right to right side, Touch left toe behind right looking to right
3-4 Step left to left turning ¼ L, Step right forward making a further ¼ turn left 6.00
5-6 Step left behind right, Step right to right turning ¼ turn right 9.00
7&8 Step left slightly forward, Step right beside left, Step left slightly forward

[9-16] R fwd, Pivot ½ L, R fwd, Hitch L, Cross/step L, ¼ L, L cross shuffle back

1-2 Step right forward, Pivot ½ turn left taking weight onto left 3.00
3-4 Step right forward and slightly across left, Hitch left knee up shrugging shoulders forward (use arms for styling)
5-6 Cross/step left over right, Step right to right turning ¼ turn left 12.00
7&8 Step left back, Cross/step right over left, Step left back

[17-24] Rock R back, Recover L, Walk R,L, 2 x toe heel struts with ½ turns L

1-2 Rock/step right back, Recover weight onto left (on chorus clench right fist then left fist to match words of song)
3-4 Walk forward right, left
5-6 Touch right toe forward making ¼ turn left, Drop right heel making a further ¼ turn left (toe heel strut ½ turn) 6.00
7-8 Touch left toe back making a ¼ turn left, Drop left heel making a further ¼ turn left (toe heel strut ½ turn) 12.00

[25-32] R fwd, Pivot ½ L, Walk R,L, Full paddle turn L, Step R beside L

1-2 Step right forward, Pivot ½ turn left taking weight onto left 6.00
3-4 Walk forward right, left
5-8 Turn ¼ left touching right to right 3.00, turn ¼ left touching right to right 12.00, turn ¼ left touching right to right 9.00, turn ¼ left stepping right next to left 6.00 - full paddle turn, on chorus arms go out palms facing up

[33-41] L side, 1/8 R & rock R back, Recover L, Shuffle fwd R, L fwd, Pivot ½ R, ½ R & cross shuffle L back

1-3 Step left to left side, Turn 1/8 turn right & rock/step right back, Recover weight onto left 7.30
4&5 Step right forward, step left beside right, step right forward
6-7 Step left forward, Pivot ½ turn right taking weight onto right (sharp pivot turn) 1.30
8&1 Making a further ½ turn right & step left back, Cross/step right over left, Step left back 7.30

[42-48] Rock R back, Recover L, R scissor step, ¼ R, ½ R, ½ R

2-3 Rock/step right back, Recover weight onto left 7.30
4&5 Step right to right side facing 6.00, Step left beside right, Cross/step right over left turning body slightly left
6-8 Step left to left turning ¼ turn right 9.00, Step right back turning ½ turn right 3.00, Step left forward turning ½ turn right 9.00

[49-56] ¼ R, Point L, ¼ L, ¼ L, L behind R, R side, Cross chasse L over R

- 1-2 Step right back turning a further ¼ turn right 12.00, Point left toe to left (on chorus flex your biceps to match words of song)
- 3-4 Make a ¼ turn left stepping onto left 9.00, Step right forward turning ¼ turn left 6.00
- 5-6 Step left behind right, Step right to right side 6.00
- 7&8 Cross/step left over right, Step right to right side, Cross/step left over right

****RESTART ON WALLS 1 & 3 – facing back ****

[57-64] Rock R to R, Recover L, Cross/step R, Hold x 2 with arms

- 1-2 Rock/step right to right side, Recover weight onto left 6.00
- 3-4 Cross /step right over left turning body slightly left, Hold (both arms go up and out on the words “Womans World”)
- 5-6 Rock/step left to left side, Recover weight onto right 6.00
- 7-8 Cross/step left over right turning body slightly right, Hold (both arms go up and out on the words “Womans World”)

RESTART

Bridge Notes: On wall 6 – you will hit a 4 count break in the music after the paddle turn (facing front wall), Pose for 4 counts stepping left to left side then continue with dance from count 33

Ending: At the end of dance facing the back wall, step right to right side with a sharp look over right shoulder to front wall slapping right buttock

Contacts:-

Simon Ward, Australia, bellychops@hotmail.com

Debbie McLaughlin, UK debmcwotzit@googlemail.com

Jose Miguel Belloque Vane, Holland, jose_nl@hotmail.com
