I Need My Girl



音乐: I Need My Girl - The National: (Album: Trouble Will Find Me)



Dance Sequence:- AB-AB-AAB-AAB-A

Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'. Dance starts on main vocals (Count 17 of intro)

PART A 32 Count

Cross Rock. Recover. Vine. 1/2 Forward. Forward. Hold (6:00)

1 – 2	Rock R across L.	Recover onto L
3 – 4	Step R to R side.	Cross L over R.

5 – 6 Step R to R side (preparing to turn) Turn 1/2 L and step L forward (6),

7 – 8 Step R forward. Hold.

Rock. Recover. Slow Back. Sweep Back. Ronde 1/2. Diagonal Sweep with Step. Hold (1.30)

9 – 10	Rock forward on L. Recover onto R
11 – 12	Slow step L back (2 counts).
13 – 14	Sweep R toe from front to back in arc. Weight still on left – turn 1/2 R and point R next to L
15 – 16	Sweep R diagonally forward R & step down (1.30). Hold

Cross Rock. Recover. Vine Flex. 1/2 Side. 1/2 Side. 1/4 (3:00)

17 – 18	Rock L over R. Recover onto R
19 – 20	Turning to face 12 - Step L to L side (12). Cross R over L.
21& 22	Step L to L side - flexing knee to prepare for pivot, Pivot 1/2 R (&), step R to R side (6).
23 – 24	Turn 1/2 R and step L to L side - flexing knee to prepare for pivot (12:00) Pivot 1/4 R (weight
	on L) - with the beat of time in "up" position (3:00)

Back. Forward. 1/4 Side Flex. 1/4. Back. Forward R-L. Hold (9:00)

25 – 26	Step R back. Step L forward.
27 – 28	Turn 1/4 L and step R to R side - flexing knee to prepare the pivot (12:00) Pivot 1/4 L (weight
	on R) - with the beat in "up" position.
29 - 30	Step L back (9:00). Step R forward.
31 – 32	Step L forward. Hold.

PART B 2x16 Count Sway R-L-R. Vine

1 – 4	Sway o	on R (1-2).	Sway	on L ((3-4))

5 – 8 Sway on R (5-6). Cross L over R (7). Step R to R side (8)

Behind. Sweep. Back. Side. Cross, Hold, 1/2, Hold

9 – 10	Cross L behind R. Sweep R back.
11 – 12	Step R back. Step L to L side
13 – 14	Cross R over L. Hold
15 – 16	Turn 1/2 L and transfer weight onto L. Hold (3:00)

REPEAT 1-16 AND END FACING 9:00