

# My Girl

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Doug Miranda (USA) & Jackie Miranda (USA) - December 2014  
音樂: My Girl - David Barnes : (Album: You, the Night and Candlelight)



## INTRO: 16 counts (At the beginning of the dance and again when returning to Front Wall)

- 1-2      Push/Lift up steps: Touch R toe and push down as you lift up on L (like tip toes) for count 1, lower weight on L on count 2 (R toe is still touching next to L)
- 3-8      Repeat above counts
- 9-12     Point R to R side, hold; cross point R over L, point R to R side
- 13      Turn  $\frac{1}{4}$  L stepping stepping down on R
- 14&15   Left kick ball change
- 16      Turn  $\frac{1}{4}$  R as you step to L side on L with feet apart and flick R behind L

## Main Dance – 64 counts

### Set 1: Chasse Right, Rock Back, Recover; Chasse Left, Rock Back, Recover

- 1&2      Step R to R side, step L next to R, step R to R side
- 3-4      Rock L behind R, recover on R
- 5&6      Step L to L side, step R next to L, step L to L side
- 7-8      Rock R behind L, recover on L

### Set 2: Side, Behind, Heel Jacks

- 1-2      Step R to R side, step L behind R
- &3&4     Step R to R side, touch L heel to L side, step down on L, cross R over L
- 5-6      Step L to L side, step R behind L
- &7&8     Step L to L side, touch R heel to R side, step down on R, cross L over R

### Set 3: Toe Struts With Full Turn, Rock Back, Recover

- 1-2      Touch R toe into  $\frac{1}{4}$  turn R, step down on R
- 3-4      Turn  $\frac{1}{4}$  as you touch L toe to L side to R side, step down on L
- 5-6      Turn  $\frac{1}{2}$  turn R touching R toe to R side, step down on R
- 7-8      Rock L behind R, recover on R

### Set 4: Shuffle $\frac{1}{4}$ Left, Shuffle $\frac{1}{2}$ Turn Left, Rock, Recover, $\frac{3}{4}$ Turn Right

- 1&2      Turn  $\frac{1}{4}$  L and shuffle forward L, R, L
- 3&4      Turn  $\frac{1}{2}$  over L shoulder and shuffle back R, L, R
- 5-6      Rock back on L, recover on R
- 7&8      Turn  $\frac{3}{4}$  turn R stepping L, R, cross L over R

(Restart occurs here during 3rd repetition of the dance)

### Set 5: Side Point, Cross, Ball Change, Cross (2x)

- 1-2      Point R to R side, cross R over L (weight on R)
- &3-4     Side rock L to L side, recover on R, cross L over R (weight on L)
- 5-6      Point R to R side, cross R over L (weight on R)
- &7-8     Side rock L to L side, recover on R, cross L over R (weight equal on L&R)

(For styling, point to yourself on count 1 on the word "I"; point forward on count 5 on the word "You")

### Set 6: Slow Full Turn Heel Bounce, Kick Ball Changes Going Back

- 1-4      With arms out, palms up, bounce on heels as you take 4 counts to make a full turn to R stepping back on L on count 4 (weight ends on L)
- 5&6      R kick ball change kicking R forward, stepping back on R, step L next to R
- 7&8      R kick ball change kicking R forward, stepping back on R, step L next to R

**Set 7: Walk Forward, Step Locks Forward, Step Forward, Snap, ½ Turn**

- 1-2 Walk forward R, L (ladies can “prissy walk” forward)  
3&4 R step lock forward R, L, R  
5&6 L step lock forward L, R, L  
7-8 Step forward on R, while looking forward and snapping fingers on R touch L toe into ½ turn L

**Set 8: Step Locks Forward, Out-Out, Hip Bumps**

- 1&2 L step lock forward L, R, L  
3&4 R step lock forward R, L, R  
&5 Step L out to L side, step R out to R side (feet apart weight on R)  
6-8 Bump hip to L, R, L (weight ending on L)

**Begin dance again to back wall. When you finish dancing the entire dance and have returned to the front wall, you will dance the INTRO before starting the dance over.**

**There will also be a restart at the end of Set 4. You will definitely hear it in the music!**

**Bonus: You will finish to the front wall when the music ends as you turn ½ turn over R your right shoulder!**

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