

My Little Weekend Girl

拍數: 64 牆數: 4 級數: Improver
編舞者: Wil Bos (NL) - May 2015
音樂: Weekend Girl - Restless : (Album: Three Of A Kind)



Intro 16 counts

S1: Toe Strut x2, Chassé ¼ Turn L, Back Rock Recover

1-4 RF step side on toes, RF heel down, LF step across on toes, LF heel down
5&6 RF step side, LF close, RF ¼ left step back
7-8 LF rock back, RF recover [9]

S2: Toe Strut x2, Chassé ¼ Turn R, Back Rock Recover

1-4 LF step side on toes, LF heel down, RF step across on toes, RF heel down
5&6 LF step side, RF close, LF ¼ right step back
7-8 RF rock back, LF recover [12]

S3: Step Pivot ¼ Turn L, Clap, ¼ Turn R x2, Fwd, Clap

1-4 RF step forward, R+L ¼ turn left, RF cross over, clap
5-8 LF ¼ right step back, RF ¼ right step side, LF step forward, clap [3]

S4: Rocking Chair, Knee Rolls

1-4 RF rock forward, LF recover, RF rock back, LF recover
5 RF bend knees, small step forward and roll knee out clockwise
6 LF bend knees, small step forward and roll knee out counter clockwise
7 RF bend knees, small step forward and roll knee out clockwise
8 LF bend knees, small step forward and roll knee out counter clockwise

S5: Jazz Box ¼ Turn R Cross, Monterey ½ Turn R

1-4 RF cross over, LF ¼ right step back, RF step side, LF cross over
5-8 RF point side, RF ½ right step beside, LF point side, LF step beside [12]

S6: Diag. Step Lock Step Scuff (x2)

1-4 RF step diag. right forward, LF lock behind, RF step forward, LF scuff
5-8 LF step diag. left forward, RF lock behind, LF step forward, RF scuff [12]

S7: Fwd Out Out Hold, Back Out Out Hold, Elvis Knees

&1-2 RF step right forward (out), LF step side (out), hold
&3-4 RF step right back (out), LF step side (out), hold
5-6 RF push knee in, LF push knee in
7-8 RF push knee in, LF push knee in [12]

S8: Cross Rock Recover ¼ Turn L, Scuff, Jazz Box Cross

1-4 LF rock across, RF recover, LF ¼ left step forward, RF scuff
5-8 RF cross over, LF step back, RF step side, LF cross over [9]

Start again
