

My Girl's Night Out

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: High Improver
編舞者: Jef Camps (BEL) - May 2016
音樂: Mgno - Russell Dickerson



Info: 16 count intro – 1 restart

CROSS ROCK, RECOVER, CHASSE, HEEL GRIND, TOG, CROSS, SIDE

1-2 RF cross rock over LF, recover on LF
3&4 RF step side, LF close next to RF, RF step side
5-6& LF cross heel over RF, RF step side when twisting LT to the L, LF close next to RF
7-8 RF cross over LF, LF step side

BEHIND, SIDE, HEEL-BALL-CROSS, ¼ TURN BACK, ¼ TURN SIDE, SWAYS, TOG, SIDE ROCK, RECOVER

1&2& RF cross behind LF, LF step side, RF dig heel diag. R-forward, RF close next to LF
3-4 LF cross over RF, ¼ turn L & RF step back □□□□(9:00)
5&6 ¼ turn L & LF step side & push hips to L, push hips to R, push hips to L□(6:00)
&7-8 RF close next to LF, LF rock to side, recover on RF

SAILOR-STEP, ROCK FWD, RECOVER, TRIPPLE ¾ TURN, CROSS, ¼ TURN BACK

1&2 LF cross behind RF, RF step side, LF step slightly forward
3-4 RF rock forward, recover on LF
5&6 Make a ¾ triple turn R on R-L-R□□□□□□(3:00)
7-8 LF cross over RF, ¼ turn L & RF step back□□□□□□(12:00)

ROCK BACK, RECOVER, SHUFFLE ½ TURN R, ¼ TURN SIDE, CROSS, ½ TURN, CROSS SAMBA, FLICK

1-2 LF rock back, recover on RF
3&4 ¼ turn R & LF step side, RF close next to LF, ¼ turn R & LF step back
&5-6 ¼ turn R & RF step side, LF cross over RF, make ½ turn R on RF
7&8& LF cross over RF, RF step side, LF step side (Flick RF)

Have fun!

Restart: in the 5th wall after 16 counts

Dance until the end of the second section & change count 16 into a scuff with your RF to restart the dance (6:00)