

My Galway Girl

COPPERKNOB
STEPSHEETS

拍數: 48
編舞者: Floriane Cattin (FR) - April 2017
音樂: Galway Girl - Ed Sheeran

牆數: 2

級數: Phrased Novice / Intermediate



Intro : 16 counts - Sequence: AA(16) B AA(16) BB AA(16) BBBB ----- (16 = 16 first counts of A)

A (32 counts)

A [1-8] : R HEEL, L HEEL, R HEEL, R HOOK HEEL, R COASTER CROSS, L SIDE ROCK CROSS

1&2& Tap R heel forward, recover RF next to LF, tap L heel forward, recover LF next to RF
3&4 Tap R heel forward, hook R heel over LF, tap R heel forward
5&6 Step back on ball of RF, step ball of Lf beside RF, step RF forward
7&8 Rock LF to L side, Recover weight on RF, Cross LF over RF (12:00)

A [9-16] : ¼ TURN, ¼ TURN, R TRIPLE STEP, L STEP, R HITCH POINT BACK, ½ TURN STEP R

1-2 Turn ¼ to the L Step RF back, turn ¼ to the L step LF forward (6:00)
3&4 Triple step forward R, L, R
5-6 Step LF forward, hitch R knee
7-8 Point RF back, turn your body ½ to the R and put the weight on RF (12:00) (if you are doing part B after don't put the weight on RF but keep it on LF !!!)

A [17-24] : L KICK AND R POINT, R KICK AND L POINT, SAILOR STEP ½ TURN, SCUFF HITCH STEP

1&2 Kick LF forward, recover LF next to RF, point RF to R side
3&4 Kick RF forward, recover RF next to LF, point LF to L side
5&6 Step LF behind RF, ½ turn left, step RF next to LF, step LF forward (6:00)
7&8 Scuff RF forward, hitch R knee, step RF forward

A [25-32]: L MAMBO FWD STEP BACK, BACK X2 WITH KNEE POPOS, R COSTER STEP, POINT L, POINT R

1&2 Rock LF fwd, Recover weight on RF, Step LF back
3-4 Step back on RF popping L knee forward, Step back on LF popping R knee forward
5&6 Step RF back, Step LF next to RF, Step RF fwd
7&8 Point LF to L side, recover LF next to RF, point RF to R side

B (16 counts)

B [1-8]: R STEP, L TOES, R HEEL, L TOES, R COSTER STEP, L ROCK STEP

1&2 Step RF forward, point LF back RF, recover weight on LF
&3&4 Tap R heel forward, recover weight on RF, point LF back, recover weight on LF
5&6 Step RF back, Step LF next to RF, Step RF fwd
7-8 Rock LF fwd, Recover weight on RF (prepare body for ½ turn)

B [9-16]: ½ TURN ROCK STEP, WEAVE SYNCOPE, R SIDE ROCK, HEEL GRIND X2

&1-2 ½ turn to the left, Rock RF fwd, Recover weight on LF (6:00)
&3&4 step RF to R side, cross LF over RF, step RF to R side, cross LF behind RF
5-6 Rock RF to R side, Recover weight on LF
7&8& Step R heel over L with toes turned in grinding heel turning toes out, little step LF to L, Step R heel over L with toes turned in grinding heel turning toes out, little step LF to L

R = right L = left RF = right foot LF = left foot fwd = forward

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