

Canadian Girls

拍數: 64 牆數: 1 級數: Improver
編舞者: Mona Burgess (CAN) - January 2019
音樂: Canadian Girls - Dean Brody : (3:55)



Rhumba Box

- 1,2 – Step right foot to right side, step left foot beside right (place weight on left)
- 3,4 – Step right foot back, touch left foot beside right (weight on right foot)
- 5,6 – Step left foot to left side, place right foot beside left (weight on right foot)
- 7,8 – Step left foot forward, touch right foot beside left (your weight should be on the left foot)

Step touch, ¼ turn step touch, ¼ turn

- 1,2 – Step right foot to right side, touch left foot next to right foot
- 3,4 – Step left foot to left side (your starting point) and touch your right foot beside it
- 5,6 – Step right foot forward with ¼ turn to the left, touch left foot beside right
- 7,8 – Left foot ¼ turn to left (you are now facing back wall), touch with right foot

Diagonal step right x 2, diagonal step left x 2

- 1,2 – Step right foot diagonal to right, slide left beside right
- 3,4 – Step right foot diagonal to right, slide left beside right and brush
- 5,6 – Step left foot diagonal to left, slide right foot beside left
- 7,8 – Step left foot diagonal to left, slide right foot beside left and touch (weight should be on left foot)

Step touch backwards

- 1,2 – Step right foot back diagonal and touch left foot beside right
- 3,4 – Step left foot back diagonal and touch right foot beside left
- 5,6 – Step right foot back diagonal and touch left foot beside right
- 7,8 – Step left foot back diagonal and touch right foot beside left (weight should be on left foot)

* A clap can be added in each time you do your touch steps

Vine right, ¼ turn left vine

- 1,2,3,4 – Step to the right with your right foot, Step left foot behind right foot, Step to right with your right foot, Step to right and brush left foot beside right (weight is on right foot)
- 5,6,7,8 – Step to left with left foot, Step right foot behind left foot, Step left with ¼ turn to left, Brush right foot beside left (weight is on the left foot)

* You can do a rolling vine for the vine to the left with a ¼ turn

K-step touch (the shape on the floor is the shape of a K)

- 1,2 – Diagonal forward right step with right foot, touch left foot beside right
- 3,4 – Diagonal back with left foot, touch right foot beside left (starting position)
- 5,6 – Diagonal back with right foot to right, touch left foot beside right
- 7,8 – Diagonal left forward with left foot, touch right foot beside left (weight on left foot)

* A clap can be added in each time you do your touch steps

½ Monterey, ¼ Monterey

- 1,2 – Point right toe to right side, pivot ½ right on ball of left foot and place right next to left
- 3,4 – Point left toe to left side, step left next to right
- 5,6 – Point right toe to right side, pivot ¼ right on ball of left foot and place right next to left
- 7,8 – Point left toe to left side, step left next to right

Jazz Box, Kick ball change x 2

- 1,2 – Cross right foot in front of left foot, step back with left foot

- 3,4 – Step to the side on right foot, step left next to right (weight on left foot)
- 5,6 – Kick right foot forward, step on ball of right next to left, step on left next to right
- 7,8 – Kick right foot forward, step on ball of right next to left, step on left next to right

Restart: (at end of musical interlude) – 5th time you are doing the dance

After left vine is completed, turn $\frac{1}{2}$ to your left to face your starting wall (instead of a $\frac{1}{4}$) and start dance from beginning right away

At end of dance (last K-step touch) slowly pivot left to front and tip your hat!
