

You Can't Stop The Girl

拍數: 32 牆數: 2 級數: Low Advanced
編舞者: Hiroko Carlsson (AUS) - October 2019
音樂: You Can't Stop the Girl - Bebe Rexha : (iTunes)



Intro: 16 (start with the lyrics)

[S1] Back Rock-Fwd, Fwd Rock-Back into 1/4R Sway-Sway-Sway, Behind-1/4R

1 2& Rock/step back on R, Recover weight on L, Step forward on R
3 4& Rock/step forward on R, Recover weight on L, Step back on R
5 6 7 Make a ¼ turn right stepping R to right/sway right, Sway left, sway right
8& Step L behind R, Make a ¼ turn right stepping forward on R (6:00)

[S2] Full Turn-Fwd Pivot 1/4R, Cross-1/4L-into 1/4L Side Rock, Roll R into Side Rock, Roll L into Side w/ Sweep

1& Make a ½ turn right stepping back on L, Make a ½ turn right stepping forward on R
2 3 Step forward on L, Make a ¼ turn right recover weight on R (9:00)
4&5 Cross L over R, Make a ¼ turn left stepping back on R, Make a ¼ turn left stepping/rock L to left
6&7 Recover/make a ¼ turn right stepping forward on R, Make a ½ turn right stepping back on L, Make a ¼ turn right stepping/rock R to right
8&1 Recover/make a ¼ turn left stepping forward on L, Make a ½ turn left stepping back on R, Make a ¼ turn left stepping L to left sweeping R around L (3:00)

[S3] Cross-Side-Behind w/Sweep-Behind-Side, Cross Rock, Sailor 1/2L Fwd

2& Cross R over L, Step L to left
3 4& Step R behind L sweeping L around R, Step L behind R, Step R to right
5 6 Cross/rock L over R, Recover weight on R
7&8 Make a ½ turn left stepping L behind R, Step R beside L, Step forward on L (slightly cross L over R) (9:00)

[S4] 1/2R, Back, Coaster Step, Full Spiral, Run-Run, 3/4 Spiral, Fwd- Together

1 2 Make a ½ turn right weight ends on left, Step back on R (3:00)
3&4 Step forward on L, Step R next to L, Step forward on L
5 6& Step forward on R making a full spiral turn left, Step forward on L, Step forward on R
7 8& Step forward on L making a 3/4 spiral turn right, Step forward on R, Step L together (6:00)

Ending: Section 2

1& Make a ½ turn right stepping back on L, Make a ½ turn right stepping forward on R
2 3 Step forward on L, Make a ¼ turn right recover weight on R
4&5 Cross L over R, Make a ¼ turn left stepping back on R, Step back on L (12:00)

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
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