

About a Girl

拍數: 72 牆數: 2 級數: Easy Intermediate
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音樂: About a Girl - Nirvana



Intro: 32 counts

S1. CHASSE, ROCK STEP, SIDE, BEHIND, SIDE, CROSS

1&2 Step Rf to R, close Lf next to Rf, step Rf to R
3,4 Rock Lf back, recover on Rf
5,6 Step Lf to L, cross Rf behind Lf
7,8 Step Lf to L, cross Rf over Lf

S2. CHASSE, ROCK STEP, SIDE, BEHIND, SIDE, CROSS

1&2 Step Lf to L, close Rf next to Lf, step Lf to L
3,4 Rock Rf back, recover on Lf
5,6 Step Rf to R, cross Lf behind Rf
7,8 Step Rf to R, cross Lf over Rf

S3. KICK BALL CHANGE 2X, PIVOT ½ TURN L, SHUFFLE FORWARD

1&2 Kick Rf forward, step Rf beside Lf, step Lf in place
3&4 Kick Rf forward, step Rf beside Lf, step Lf in place
5,6 Step Rf forward, ½ turn L step on Lf
7&8 Step Rf forward, close Lf next to Rf, step Rf forward

S4. KICK BALL CHANGE 2X, PIVOT ½ TURN R, SHUFFLE FORWARD

1&2 Kick Lf forward, step Lf beside Rf, step Rf in place
3&4 Kick Lf forward, step Lf beside Rf, step Rf in place
5,6 Step Lf forward, ½ turn R step on Rf
7&8 Step Lf forward, close Rf next to Lf, step Lf forward

S5. DIAGONAL STOMP, HEEL-TOE-HEEL SWIVEL (2X)

1,2 Stomp Rf to R diagonal forward, swivel L heel in
3,4 Swivel L toe in, swivel L heel in (weight on Rf)
5,6 Stomp Lf to L diagonal forward, swivel R heel in
7,8 Swivel R toe in, swivel R heel in (weight on Lf)

S6. JAZZ BOX ¼ TURN R, TOE TOUCH 2X

1,2 Cross Rf over Lf, ¼ turn R step Lf back
3,4 Step Rf to R, step Lf forward
5,6 Touch R toe forward, step Rf beside Lf
7,8 Touch L toe forward, step Lf beside Rf

S7. JAZZ BOX ¼ TURN R, TOE TOUCH 2X

1,2 Cross Rf over Lf, ¼ turn R step Lf back
3,4 Step Rf to R, step Lf forward
5,6 Touch R toe forward, step Rf beside Lf
7,8 Touch L toe forward, step Lf beside Rf

S8. ROCK SIDE, CROSS SHUFFLE, POINT TOUCH 2X

1,2 Rock Rf to R, recover on Lf
3&4 Cross Rf over Lf, step Lf to L, cross Rf over Lf

5,6 Touch Lf to L, touch Lf beside Rf
7,8 Touch Lf to L, touch Lf beside Rf

S9. ROCK SIDE, CROSS SHUFFLE, POINT TOUCH 2X

1,2 Rock Lf to L, recover on Rf
3&4 Cross Lf over Rf, step Rf to R, cross Lf over Rf
5,6 Touch Rf to R, touch Rf beside Lf
7,8 Touch Rf to R, touch Rf beside Lf

Restart on Wall 4 after 70 counts

Have Fun....
