

I Am Just A Girl

拍數: 32 牆數: 2
編舞者: Nina Skyrud (NOR) - June 2021
音樂: I Am Just a Girl - ABBA

級數: Absolute Beginner



[1-8] Side-Touch, Side-Touch, Vine, Together

1,2 Step Right to right side (1), Touch Left next to right (2) [12:00]
3,4 Step Left to left side (3), Touch Right next to left (4)
5,6,7 Step Right to right side (5), Cross Left behind right (6), Step Right to right side (7),
8 Step Left next to right (8).

Note: Optional on count 2: Step Left slightly behind right and do a small curtsy.

[9-16] Heel Swivels x2, Vine, Touch

1,2 Swivel both heels to the left (1), Swivel both heels back to center (2)
3,4 Swivel both heels to the left (3), Swivel both heels back to center (4)
5,6,7 Step Left to left side (5), Cross Right behind left (6), Step Left to left side (7),
8 Touch Right next to left (8).

[17-24] Stroll x2, Walk back x3, Together

1,2 Step Right forward (1), Brush Left (2)
3,4 Step Left forward (3), Brush Right (4)
5,6,7 Step Right back (5), Step Left back (6), Step Right back (7)
8 Step Left next to Right (8).

[25-32] ½ Chase Turn, Touch, Side & Bump Hip L, Hip Bumps R-L, Touch

1,2 Step Right forward (1), Turn ½ Turn left stepping Left forward (2),
3,4 Step Right forward (3), Touch Left next to Right (4) [6:00]
5,6,7 Step Left to left side bumping left hip (5), Recover weight unto Right bumping right hip (6),
Recover weight onto Left bumping left hip (7)
8 Touch Right next to left (8).

This dance can be used for teaching beginners to be aware of weight change and the difference between «touch» and stepping down transferring weight from one supporting leg to another.

Have fun!

Contact: ninasky@online.no