

U Gurl

拍數: 32 牆數: 4 級數: Improver
編舞者: Katie Freitas (Boyle) (USA) & Conrad Sorenson (USA) - December 2021
音樂: U Gurl - Walker Hayes



Notes:

*1 Tag (4 counts, Happens 12 counts into wall 3)

Dance begins after 16 counts

Styling note: The dance ends after the kick ¼ turn, step back R (count 19). Instead of doing the full coaster step, step back R while popping L knee, hold pose to end dance)

[1-8] SCUFF, STOMP, HIP ROLL, HIP ROLL, SAILOR, PIVOT TURN

1, 2 R scuff 1/4 turn left (facing 9:00), Stomp
3, 4 Hip rolls 2 counts
5&6 Cross L behind R, Step R to side, L ¼ turn step towards 6:00
7, 8 Step forward R, Pivot ½ turn left (facing 12:00)

[9-16] FULL TURN, TRIPLE STEP, STEP LEFT, HIP ROLL, STEP RIGHT, HIP ROLL

1, 2 Make ½ turn R stepping fwd back onto R (6:00) , Make ½ turn R stepping back fwd on L (12:00)
3&4 Triple step right foot forward (right, left, right)
5, 6 L step to the side (12:00), Hip roll left
7, 8 step right foot side (12:00), Hip roll right

[17-24] KICK R TURN, COASTER, SIDE ROCK, RECOVER, WEAVE

1, 2 ¼ right, Kick R (3:00),
3&4 Step back R, Step together L, Step forward R
5, 6 L step forward ¼ turn into side rock (6:00), Recover R
7&8 Behind L, Side step R, cross L

[25-32] HEEL GRIND, COASTER, OUT-OUT-IN-IN, HEEL, HOOK, HEEL, FLICK

1, 2 Heel grind R ¼ turn (9:00)
3&4 Step back R, Step together L, Step forward R
&5&6 Step out L, Step out R, Step in L, Touch R toe in
&7&8 Touch R heel in front, Hook R, Touch R heel in front, R Flick

*1 Tag (4 counts)

Notes:

The Tag happens during the 3rd wall...You dance the first 12 counts (ending with the triple step) then do the tag and restart the dance from the top after the Tag. The Tag is done facing 12:00. The tag is the same as the last 4 counts of the dance (counts 28-32).

TAG (4cts)

[13-16] OUT-OUT-IN-IN, HEEL, HOOK, HEEL, FLICK

&5&6 Step out L, Step out R, Step in L, Touch R toe in
&7&8 Touch R heel in front, Hook R, Touch R heel in front, R Flick