My Pretty Girl

拍數: 64

級數: Beginner

編舞者: Yvonne Krause (USA) - May 2022

音樂: Mi Niña Bonita - Chino & Nacho

#32 Intro - No Tags, No Restarts

[1-8] HEEL BOUNCES RIGHT & LEFT

- 1-4 Bounce right foot slightly forward four times.
- 5-8 Bounce left foot slightly forward four times.

[9-16] RIGHT ROCKING CHAIR, RIGHT STEP LOCK, STEP LOCK STEP

牆數:2

- 1-4 Rock forward on right, rock back on left, rock back on right, rock forward on left.
- 5-6 Step forward on right, lock left behind right.
- 7&8 Step forward on right, lock left behind right, step forward on right.

[17-24] LEFT ROCKING CHAIR, LEFT STEP LOCK, STEP LOCK STEP

- 1-4 Rock forward on left, rock back on right, rock back on left, rock forward on right.
- 5-6 Step forward on left, lock right behind left.
- 7&8 Step forward on left, lock right behind left, step forward on left.

[25-32] JAZZ BOX, JAZZ BOX w/1/4 TURN

- 1-4 Cross right over left, step back on left, step back on right, step left next to right.
- 5-8 Cross right over left, step back on left, step ¼ right, step left slightly forward. (3:00)

[33-40] HIP BUMPS FORWARD & BACK, SWAY FORWARD & BACK

- 1-4 Bump hips twice slightly forward weight on right then twice back weight on left.
- 5-8 Sway hips forward and back, right, left, right, left.

[41-48] WALK, WALK, SHUFFLE FORWARD, ROCK RECOVER, SHUFFLE ½ LEFT

- 1-2 Walk forward right, left.
- 3&4 Shuffle forward by stepping right, left, right.
- 5-6 Rock forward on left, recover onto right.
- 7&8 As you make a ¹/₂ turn left step left, right, left. (9:00)

[49-56] STEP POINT, STEP POINT, ROCK RECOVER, COASTER STEP

- 1-4 Step forward on right, point left to side, step forward left, point right to side.
- 5-6 Rock forward on right, recover onto left.
- 7&8 Step back on right, step left next to right, step forward on right.

[56-64] STEP POINT, STEP POINT, ROCK RECOVER, COASTER STEP w/1/4 LEFT

- 1-4 Step forward on left, point right to side, step forward on right, point left to side.
- 5-6 Rock forward on left, recover onto right.
- 7&8 Make a ¹/₄ turn left stepping back on left, step right next to left, step forward on left. (6:00)

May You Always Dance Like No One Is Watching

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