

My Girl

拍數: 32 牆數: 2 級數: Intermediate
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音樂: My Girl - Oskar Cyms



Intro : 8 count

SEC 1 : Step back sweep behind, Step side, Step back sweep behind, Step side, Step sweep x 2

1, 2 &a Step back on RF, sweep LF from front to back, cross LF behind RF, step RF to R, recover on LF
3, 4 &a Step back on RF, sweep LF from front to back, cross LF behind RF, step RF to R, recover on LF
5 – 6 Step back on RF sweep LF from front to back (5), step back on LF sweep RF from front to back (6)

SEC 2 : Back Rock 1/2 x 2, 1 1/2 L turn, Step LF sweep RF

7 8& Rock RF back [open body to face 1.30] recover on LF, make a 1/2 turn L, step RF back [open body to face 7.30] (facing 6)
1 2& Rock LF back [open body to face 1.30] recover on RF, make a 1/2 turn R, step back on LF (facing 12)
3 Rock RF back
4&5&6& Recover weight on LF, close RF next to LF, step LF 1/2 turn left, close RF next to LF, step LF 1/2 turn left, close RF next to LF, step LF 1/4 turn left, close RF next to LF (facing 9)
7 Step fwd LF, sweep RF from back to front

SEC 3 : Cross, Step 1/8 back, Hook LF, Lift RF, Step backward 3/8 R turn, point LF, Sway L,R, Rolling L turn Sweep

8 &1,2 Cross RF over LF step back on LF, step 1/8 R back on RF and hook LF across RF (1), step LF forward lifting RF (2) [raise L hand high up & R hand to R side on count 2] (facing 10.30)
3 &a 4 Step RF backward, step LF backward, step on RF 3/8 turning R, point LF to L (facing 3)
5 – 6 Sway upper body to left and right
7 & 8 Step LF 1/4 left, step back on RF 1/2 turning left, step LF 1/4 left, sweep R across (facing 3)

SEC 4 : Syncopated 1/4 R Jazz box , Mambo 1/2 turn R, Syncopated Rumba Box Fwd R,

1,2 & 3 Step RF across LF, step back on LF 1/4 R turn, close RF next FL, Step LF fwd, (facing 6)
4 &a 5 Rock RF fwd, recover LF, step RF fwd making 1/2 turn R, step LF fwd (facing 12)
6 &a 7 RF step R, close LF next to RF, RF step fwd , take a big step LF to L side
8 Drag R next to LF.

Short wall with step change on Wall 1 & 3 - Dance up to Sec 4 count 3 modified count 4& then restart

SEC 4 : Syncopated 1/4 R Jazz box , step RF back, close LF

1, 2 & 3 Step RF across LF, step back on LF 1/4 R turn, Step LF fwd,
4 & Step back on RF, close LF next to RF

End of Wall 2 - TAG (facing 6)

1, 2& Cross RF over LF, recover on LF, step RF to R
3, 4& Cross LF over RF, recover on RF, step LF to L

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