

My Thang

拍數: 32 牆數: 4 級數: Beginner
編舞者: Mona Akersveen Schützer (NOR) - April 2023
音樂: My Thang - Tigirlily Gold



Restart: 2 restarts. Wall 3 after 8 counts, wall 6 after 16 counts (replace count 16 with touch)

[1-8] Side together, Chasse to left, heel switches, rock and cross

1-2 Step left to left side, Close right beside left
3&4 Step left to left side, Close right beside left, Step left to left side
5&6& Right heel fwd, step right next to left, Left heel fwd, step left next to right
7&8 Rock to right side on right, recover on left, cross right over left

Restart wall 3 (6 o'clock)

[9-16] Side together to left, rock and cross, v-step

1-2 Step left to left side, Close right beside left
3&4 Rock LF to side, recover on R, cross LF over R
5-6-7-8 Step right diagonal forward, step left diagonal forward, step right back to centre, close left beside right.

Restart wall 6 (12 o'clock) Replace count 16 with touch before restart

[17-24] Shuffle diagonally forward right, shuffle back left, shuffle back right, shuffle forward left

1&2 Step diagonally fwd right (1 o'clock), close left beside right, Step fwd right
3&4 Step back left (7 o'clock), close right next to left, Step back left
5&6 Step back right (5 o'clock), close left next to right, Step back right
7&8 Step diagonal fwd left (11 o'clock), close right beside left, Step fwd left

[25-32] Step turn, step turn, ¼ turn (9 o'clock), twist with a flick

1-2, 3-4 step forward right, turn 1/8 on left, step forward right, turn 1/8 put weight on left.
5-6 step side right, step left out on left.
7&8& Twist both heels to right, twist back to center, twist right to right, flick left behind right.

Enjoy and dance with your best attitude ☐

Last Update: 17 Apr 2023