

U Gurl

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BY JAMIEMSWEET

拍數: 32 牆數: 2 級數: High Beginner
編舞者: Jennifer Cottrell (USA) - April 2023
音樂: U Gurl - Walker Hayes



R HEEL, L HEEL, BALL-STEP, PIVOT ½ TURN LEFT, TRIPLE, HEEL RAISE

1&2& Right heel, step R next to L, left heel, step on ball of L next to R raising R
3, 4 Step R forward, pivot 1/2 left weight ending on L while doing a hip roll
5&6 Step R forward, step L together, step R forward
7&8 Step L forward and raise both heels

R SAILOR, L SAILOR, R FORWARD W/HIP BUMPS, L FORWARD W/HIP BUMPS

1&2 Step R behind L & Step L to left side Step R to right side
3&4 Step L behind R & Step R to right side Step L to left side
5&6 Step forward R while bumping hips forward, back, forward
7&8 Step forward L while bumping hips forward, back, forward (weight on left)

STEP BACK R, SLIDE L, STEP BACK L, SLIDE R, STEP BACK & TOUCH x 2

1,2 Step R back, slide, touch L next to R
3,4 Step back L diagonal with a slide, touch R next to L
&5 Step back on R. Touch L toe forward.
&6 Step back on L. Touch R toe forward.
&7 Step back on R. Touch L heel forward.
&8 Step back on L. Touch R next to L.

ROCK BACK, RECOVER, ½ TURN RIGHT, KICK, ROCK BACK, RECOVER, ½ TURN LEFT, TOUCH

1,2 Rock back on R. Recover on to L.
3,4 Turn 1/2 right stepping R back, Kick left forward
5,6 Rock back on L. Recover on to R.
7,8 Turn ½ left stepping L back, Touch R

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