

Girl

拍數: 48 牆數: 2 級數: Beginner
編舞者: Ivan Rundgren (SWE) - 11 June 2024
音樂: Girl - The Beatles



Intro: Approximately 2 second on word " Anybody" No tag or Restart :)

SEC. 1 DIAGONAL FWD STEP R L – MAMBO – BACK LOCKSTEP – STEP AND SWAY R L

1 – 2 Diagonal (1/8 turn to L side) fwd step R (1) step fwd L (2) 10.30
3 & 4 Step fwd R (3) recover to L (&) step back on R (4) 10.30
5 & 6 Step back on L (5) lock R over L (6) step back on L (&) 10.30
7 – 8 Step R to center and sway to the R (7) sway to the L (8) 12.00

SEC. 2 DIAGONAL FWD STEP R L – MAMBO – BACK LOCKSTEP – STEP AND SWAY R L

1 – 2 Diagonal (1/8 turn to R) fwd step R (1) step fwd L (2) 13.30
3 & 4 Step fwd R (3) recover to L (&) step back on R (4) 13.30
5 & 6 Step back on L (5) lock R over L (6) step back on L (&) 13.30
7 – 8 Step R to center and sway to the R (7) sway to the L (8) 12.00

SEC. 3 R CROSS ROCK – R CHASSÉ – L CROSS ROCK – L CHASSÉ

1 – 2 Cross step R over L (1) recover to L (2)
3 & 4 Step R to R side (3) step L beside R (&) step R to R side (4)
5 – 6 Cross step L over R (5) recover to R (6)
7 & 8 Step L to L side (7) step R beside L (&) step L to L side (8)

SEC. 4 PIVOT 1/2 – RUN FWD R, L, R – L KICK – BALL – POINT R – R KICK – BALL – POINT L

1 – 2 Step fwd R (1) pivot 1/2 turn over L shoulder (2)
3 & 4 Run fwd R (3) run fwd L (&) run fwd R (4)
5 & 6 Kick fwd L (5) step on ball of L (&) point R to R side (6)
7 & 8 Kick fwd R (7) step on ball of R (8) point L to L side (&)

SEC. 5 CROSS SHUFFLE – SIDE ROCK STEP – CROSS SHUFFLE – SIDE ROCK STEP

1 & 2 Cross L over R (1) step R to R side (&) cross L over R (2)
3 – 4 Step R to R side (3) recover to L (4)
5 & 6 Cross R over L (5) step L to L side (&) cross R over L (6)
7 – 8 Step L to L side (7) recover to R (8)

SEC. 6 FWD ROCK – COASTER – ROCKING CHAIR

1 – 2 Step fwd L (1) recover to R (2)
3 & 4 Step back on L (3) step R beside L (&) step fwd L (4)
5 – 6 Step fwd R (5) recover to L (6)
7 – 8 Step back on R (7) recover to L (8)

Start over again!

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Have fun & happy dancing, hugs from Sweden

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