Talk to Me Girl



拍數: 64 牆數: 4 級數: Phrased Intermediate

編舞者: Raegan Kalasz (USA) - November 2023

音樂: The Way I Are (feat. Keri Hilson & D.O.E.) (Timbaland vs. Nephew) - Timbaland

featuring D.O.E. & Keri Hilson



Part A: 32 counts Part B: 32 counts

Intro: 32 counts (after initial beat drop, start dance on the lyrics)

Sequence: AAB AAB AAA

Part A: 32 counts

[1-8] ½ Turn Chug L, ½ Turn Chug R, Hitch R, ¼ Turn Hitch R, Jump Out and In

&1,2 Press RF to R side, recover onto LF with ¼ R over R shoulder, Press RF to R side, recover

onto LF with 1/4 R over R shoulder

&3,4 Press LF to L side, recover onto RF with 1/4 L over L shoulder, Press LF to L side, recover

onto RF with 1/4 L over L shoulder

Lift R knee beside LF, turn 1/4 R lifting R knee beside LF 5, 6

7, 8 Jump both feet out shoulder-width apart, feet collect together (weight LF)

[9-16] Kick Ball Point R, Kick Ball Point L, R Turning Grapevine ¼, Reverse Body Roll

1&2 Kick RF forward, step RF in place (&), point L toes to L side 3&4 Kick LF forward, step LF in place (&), point R toes to R side

5&6& step R diagonally behind L, step L to L side making ¼ turn L, step R forward, step LF

7, 8 body roll from bottom to top/knees to head

[17-24] Rocking Chair R, Wizard R, Wizard L

1, 2 Rock R forward, Recover onto L 3, 4 Rock R back, Recover onto L

5&6 Step RF diagonally forward, step LF behind RF (lock), step RF diagonally forward Step LF diagonally forward, step RF behind LF (lock), step LF diagonally forward 7&8

[25-32] ½ Pivot L, Heel Pop, Jump Out, Cross R Over L, ¾ Turn L Unravel

Step RF forward, pivot ½ turn over L shoulder, (shift weight L) 1, 2 3&4 Step RF together, lift heels up bending at the knees, heels back down 5, 6 Jump both feet out shoulder-width apart, jump feet together R in front of L

7, 8 Unravel turn ¾ over L shoulder, weight on LF

Part B: 32 counts

[1-8] Applejacks R L R R, Heel Jack L, Heel Jack R,

1&2& R heel forward fanning R toes out to R side whilst turning L heel in, return both heel and toes to centre, L heel forward fanning L toes out to R side whilst turning L heel in, return both heel

and toes to center

R heel forward fanning R toes out to R side whilst turning L heel in, return both heel and toes 3&4

to center, R heel forward fanning R toes out to R side whilst turning L heel in

Shift weight to RF, cross L over R, step RF to the side, touch L heel diagonally in front &5&6

Step LF next to RF, cross RF over LF, step L foot out to the side, touch R heel diagonally in &7&8

front

[9-16] Sailor R, Sailor L, Pivot R 1/2 (L), Full Spin (L) over L shoulder

| 1&2 | Cross RF behind LF, step LF to L side (&), step RF to R side |
|-----|--|
| 3&4 | Cross LF behind RF, step RF to R side (&), step LF to L side |

| | 5, 6 | Step RF forward, turn ½ L over L shoulder | | |
|--|---|--|--|--|
| | 7, 8 | Make a full spin L over L shoulder for 2 counts bringing RF beside LF | | |
| | [17-24] Applejacks R L R R, Heel Jack L, Heel Jack R, | | | |
| | 1&2& | R heel forward fanning R toes out to R side whilst turning L heel in, return both heel and toes to centre, L heel forward fanning L toes out to R side whilst turning L heel in, return both heel and toes to center | | |
| | &3&4 | R heel forward fanning R toes out to R side whilst turning L heel in, return both heel and toes to center, R heel forward fanning R toes out to R side whilst turning L heel in | | |
| | &5&6 | Shift weight to RF, cross L over R, step RF to the side, touch L heel diagonally in front | | |
| | &7&8 | Step LF next to RF, cross RF over LF, step L foot out to the side, touch R heel diagonally in front | | |
| [25-32] Sailor R, Sailor ¼ L, ½ Turn L, Hip Shake x2 | | | | |
| | 1&2 | Cross RF behind LF, step LF to L side (&), step RF to R side | | |
| | 3&4 | Cross LF behind RF, step RF to R side (&), step LF to L side turning 1/4 L | | |
| | 5, 6 | Turn ½ over L shoulder to step back on RF, drag LF together to RF | | |
| | 7, 8 | Shake hips x2 (weight ends on RF) | | |
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