

Let's Go Girls

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Trent Duncan (AUS)
音樂: Man! I Feel Like a Woman! - Shania Twain



1-8 Rock and Coaster, Rock and Coaster

1-2 Step forward left, rock back right
3&4 L coaster step - Step back L, Step R beside L, Step L Fwd
5-6 Step R Fwd, Rock back onto L
7&8 R coaster step - Step Back R, Step L beside R, Step Fwd R

9- 16 Cross Rock, Back Rock, Cross Rock, Side Shuffle

1-2 Step L across in front of R, Rock back onto R
3-4 Step back left and slightly turn body back 45 degrees, rock forward right
5-6 (returning body to face front) Step L across in front of R, Rock back onto R
7&8 Shuffle left-right-left to left side

17-24 - Repeat Above on Opposite Foot

17-24 Repeat counts 9-16 on the opposite foot and side

25-34 - Weave behind, Point Side, Step Fwd Heel, Step back touch back, Step Fwd Touch Behind

25-28 Step left behind right, right to right side, step left over right, point right toe to right side, and click fingers
29-34 Step forward right, touch left heel forward and click fingers, step back left, touch right toe back and click fingers, step right forward, touch left toe behind right foot and click fingers

35-42 - Walk back turning 1/2 Turn, Touch behind, 2x 1/4 Paddle turns

35-38 Step back left, turning ½ turn right, step forward right, step forward left, touch right toe behind left foot and click fingers
39-40 Step forward right, bend right arm so that your hand is at shoulder height, pivot ¼ turn left, push ram downwards like you are using a stick to push yourself around
41-42 Step forward right, bend right arm so that your hand is at shoulder height, pivot ¼ turn left, push ram downwards like you are using a stick to push yourself around

43-54 - Cross Shuffle, 3/4 Turn walk, Shuffle Fwd, Heel Hops Back

43-44 Shuffle right-left-right crossing right over left
45-50 Step left to left side turning ¼ turn right, step back right turning ½ turn right, shuffle forward left-right-left, step forward right, rock back left
&51&52 Step back right, touch left heel forward, step back left, touch right heel forward
&53&54 Step back right, touch left heel forward, step back left, touch right heel forward

55-64 - Scoot Back Double toe Tap, Cross Unwind, Sailor R, Sailor L, Step Scuff

&55&56 Hop back on left, touch right toe back, hop back on left, touch right toe back
57-58 Cross right over left, unwind legs ½ turn left
59-62 Right sailor step moving slightly forward, left sailor step moving slightly forward
63-64 Step forward right, scuff left forward

REPEAT

Last Update: 6 Jun 2024