

Let's Go Girls

拍數: 56 牆數: 4 級數: Improver
編舞者: Janine King & Wendy Schneebeli (NZ)
音樂: Man! I Feel Like a Woman! - Shania Twain



SIDE SHUFFLE RIGHT, CROSS ROCK LEFT BEHIND

1&2 Step right foot to right side, step left foot together, step right foot to right side
3-4 Cross rock left foot behind right, recover weight onto right foot

SIDE SHUFFLE LEFT, CROSS ROCK RIGHT BEHIND

1&2 Step left foot to left side, step right foot together, step left foot to left side
3-4 Cross rock right foot behind left, recover weight onto left foot

POINT, STEP/ POINT, STEP, POINT, STEP, POINT, TURN

1-2 Point right toe to right side (turn head to right), step right foot forward (click fingers)
3-4 Point left toe to left side (turn head to left), step left foot forward (click fingers)
5-6 Point right toe to right side (turn head to right), step right foot forward (click fingers)
7-8 Point left toe to left side (turn head to left), turn ½ turn left with weight on left foot

SCUFF RIGHT, TOUCH TOE, HEEL, HEEL

1-2 Scuff right 45 degrees over left, touch right toe to 45 degrees right
3-4 Tap right heel, tap right heel (end with weight on right foot)

SCUFF LEFT, TOUCH TOE, HEEL, HEEL

1-2 Scuff left 45 degrees over right, touch left toe to 45 degrees left
3-4 Tap left heel, tap left heel (end with weight on left foot)

DOUBLE HIP BUMPS RIGHT AND LEFT

1-2 Step forward on right foot bumping hips right twice
3-4 Step forward on left foot bumping hips left twice

FULL ROLL RIGHT

1-2 Step onto right foot while turning ¼ turn right, step onto left foot while turning ½ turn right
3-4 Step onto right foot while turning ¼ turn right, touch left beside right with a clap

FULL ROLL LEFT

1-2 Step onto left foot while turning ¼ turn left, step onto right foot while turning ½ turn left
3-4 Step onto left foot while turning ¼ turn left, touch right beside left with a clap

ROCK FORWARD & BACK, ¾ TURN RIGHT, TRIPLE STEP

1-2 Rock forward onto right foot, rock back onto left
3&4 While turning ¾ turn right, triple step right left right

ROCK FORWARD & BACK, ¾ TURN LEFT, TRIPLE STEP

1-2 Rock forward onto left foot, rock back onto right
3&4 While turning ¾ turn left, triple step left right left

STEP, SLIDE, STEP, SLIDE

1-2 Step back onto right foot on 45 degree angle and slide left foot back and across in front of right
3-4 Step back onto right foot on 45 degree angle and slide left foot back and across in front of right

SWAY RIGHT & LEFT, CROSS, ¾ TURN LEFT

1-2 Step right foot to right side, sway back onto left foot

3-4 Cross right toe over left, unwind ¾ turn left (weight on right foot)

ROCK BACK, SCUFF, STOMP, STOMP

&1-2 Step quickly back onto ball of left foot, step right in place, scuff left forward

3-4 Stomp left, stomp right beside left and clap

REPEAT
