

# My Girl

**COPPER** KNOB  
STEPSHEETS

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Dawn Dennell (UK)  
音樂: My Girl - Alabama



For "My Girl" only, on the 3rd wall only omit last 16 counts (hip sways) start dance again after body roll

## ROCK FORWARD, SHUFFLE BACK, ROCK BACK, SHUFFLE FORWARD

- 1            Rock forward onto right foot
- 2            Return weight to left foot
- 3            Step back on right foot
- &            Slide left foot beside right
- 4            Step back on right foot
- 5            Rock back onto left foot
- 6            Return weight to right foot
- 7            Step forward on left foot
- &            Slide right foot beside left
- 8            Step forward on left foot

## RIGHT KICK-BALL-CHANGE, STEP OUT STEP IN SWIVEL TO LEFT

- 9            Kick right foot forward
- &            Return to place
- 10           Transfer weight to left foot
- &            Small step to right with right foot
- 11           Small step to left with left foot
- &12          Return right foot to place, return left foot to place
- 13           Feet together, twist both heels to left
- 14           Swivel both toes to left
- 15&16       Swivel both heels to left, both toes to left, both heels to left

(The more experienced dancers will do a pigeon toe walk to left instead)

## GRAPEVINE RIGHT ¼ TURN RIGHT ½ PIVOT TURN RIGHT TURNING SHUFFLE TO RIGHT

- 17           Step right foot to right
- 18           Cross left foot behind right and step
- 19           Step right foot to right turning ¼ turn to right
- &            Small step forward on left foot
- 20           Small step forward on right foot
- 21           Step forward on left foot
- 22           Pivot ½ turn to right
- 23           Step forward on left foot starting turn to right
- &            Step right foot next to left continuing turn
- 24           Step left foot next to right to complete ½ turn to the right

## ROCK STEP, SHUFFLE, ROCK STEP, COASTER STEP

- 25           Rock back onto right foot
- 26           Return weight to left foot
- 27           Step right foot forward
- &            Slide left foot beside right
- 28           Step right foot forward
- 29           Rock forward onto left foot
- 30           Return weight to right foot

- 31 Step back onto left foot
- & Step right foot next to left foot
- 32 Step forward onto left

**ROCK RIGHT, CROSS AND SHUFFLE, ROCK LEFT, CROSS AND SHUFFLE**

- 33 Step right foot to right
- 34 Rock weight onto left foot
- 35 Cross right foot over left and step
- & Small step to left with left foot keeping feet crossed
- 36 Small step to left with right foot keeping feet crossed
- 37 Step left foot to left
- 38 Rock weight onto right foot
- 39 Cross left foot over right and step
- & Small step to right with right foot keeping feet crossed
- 40 Small step to right with left foot keeping feet crossed

**POINT RIGHT, LEFT, HEEL TOE, ½ TURN TO LEFT BODY ROLL**

- 41& Touch right toe to right, return to place
- 42& Touch left toe to left, return to place
- 43&44 Tap right heel forward, return to place, touch left toe back
- 45-46 On balls of both feet pivot ½ turn to left (2 counts)
- 47-48 2 count body roll forward starting with hips and ending with weight forward on left foot

**STEPS FORWARD WITH HIPS AND TOUCH**

- 49 Step forward on right foot angling body slightly left and push hips right
- 50 Push hips to left
- 51 Push hips right
- 52 Touch left foot next to right foot
- (The hip moves are performed with a swaying motion so bend knees slightly)**
- 53 Step forward on left foot angling body slightly right and push hips left
- 54 Push hips to right
- 55 Push hips to left
- 56 Touch right foot next to left foot

**STEPS FORWARD AND HIPS AND TOUCH**

- 57 Step forward on right foot angling body slightly left and push hips right
- 58 Push hips to left
- 59 Push hips right
- 60 Touch left foot next to right foot
- (The hip moves are performed with a swaying motion so bend knees slightly)**
- 61 Step forward on left foot angling body slightly right and push hips left
- 62 Push hips to right
- 63 Push hips to left
- 64 Touch right foot next to left foot

**REPEAT**

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