

# My Guy

拍數: 64      牆數: 1      級數: Intermediate  
編舞者: Diana Wicks  
音樂: My Guy - Mary Wells



## GRAPEVINE RIGHT, GRAPEVINE LEFT

1-4      Step right to right side, cross left behind right, right to right side, touch left  
5-8      Step left to left side cross right behind left, left to left side, touch right

## TWO ¼ MONTEREY TURNS RIGHT

1-4      Touch right out to right side, turn ¼ right bringing right next to left, touch left to left side, step left next to right  
5-8      Touch right out to right side, turn ¼ right bringing right next to left, touch left to left side, step left next to right

## SHUFFLE, ROCKING CHAIR, FORWARD ROCK

1&2      Step forward right, close left beside right step  
3-8      Left rock forward, step right in place, left rock back, step right in place left rock forward, step right in place

## STEP LEFT, RIGHT, LEFT, RIGHT

1-2      Step left to left side, touch right foot next to left  
3-4      Step right to right side, touch left foot to right  
5-6      Step left to left side, touch right foot next to left  
7-8      Step right to right side, touch left foot to right

## CHASSE. SHUFFLE, SHUFFLE, STEP ½ TURN

1&2      Step left to left side close right beside left, step left to left side  
3&4      ¼ turn left, shuffle forward right left right  
5&6      Shuffle forward left right left  
7-8      Step forward right pivot ½ turn left

## TOE STRUTS RIGHT, LEFT, RIGHT, LEFT

1-2      Touch right toe forward, drop right heel to floor taking weight  
3-4      Touch left toe forward, drop left heel to floor taking weight  
5-6      Touch right toe forward, drop right heel to floor taking weight  
7-8      Touch left toe forward, drop left heel to floor taking weight

## FORWARD MOVING ROCK AND CROSS STEPS RIGHT AND LEFT

1-4      Rock right to right side, rock weight onto left in place, step right forward across left, hold  
5-8      Rock left to left side, rock weight onto right in place, step left forward across right, hold

## STEP ¼ TURN LEFT, REPEAT

1-4      Step forward right, hold, ½ turn, hold  
5-8      Step forward right, hold, ¼ turn, hold

## REPEAT

## TAG

### RIGHT HEEL HOOK, LEFT HEEL HOOK, 4 SHUFFLES FORWARD, 4 SHUFFLES BACK, STEP ½ TURN, STEP ½ TURN

1-6      Right heel hook, step forward on right, touch left next to right, step back on left, close right

7-12 Left heel hook, step forward on left, touch right next to left, step back on right, close left

#### **4 SHUFFLES FORWARD**

13&14 Right left right

15&16 Left right left

17&18 Right left right

19&20 Left right left

#### **4 SHUFFLES BACK**

21&22 Right left right

23&24 Left right left

25&26 Right left right

27&28 Left right left

29-30 Step forward right, pivot  $\frac{1}{2}$  turn left

31-32 Step forward right, pivot  $\frac{1}{2}$  turn left

1-64 Repeat the main dance

#### **TWO BODY ROLLS, LEFT PIVOT, LEFT PIVOT**

1-4 Body roll

5-8 Body roll

9-10 Step forward right, pivot  $\frac{1}{2}$  turn left

11-12 Step forward right, pivot  $\frac{1}{2}$  turn left

1-64 Repeat the main dance

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