My Little Girl

拍數: 64

級數: Intermediate

編舞者: Adrian Churm (UK)

音樂: My Little Girl - Paul Bailey

ROCK BACK & SIDE SHUFFLE, ROCK BACK & SHUFFLE FORWARD, PIVOT TURN, TWO WALKS FORWARD, TWO DIAGONAL LOCK STEPS

- 1-2 Step left foot back replace weight onto right
- 3&4 Side shuffle to left side stepping left, right, left
- 5-6 Step right foot back, replace weight onto left
- 7&8 Forward shuffle stepping right, left, right
- 9-12 Step left foot forward, make a half turn right, walk forward left, right
- 13-14 Step left foot diagonally forward left, lock right foot behind left
- & Step left foot slightly to left side (small step)
- 15-16 Step right foot diagonally forward right, lock left foot behind right

SIDE ROCK & CROSS SHUFFLE TWICE, SIDE SHUFFLE MAKING A QUARTER TURN LEFT, ROCK BACK, STEP, FULL TURN RIGHT WITH A HOOK, AND SHUFFLE FORWARD

- 17-18 Step right foot to the right side replace weight onto left
- 19&20 Step right in front of left, step left foot to the left side, step right in front of left
- 21-22 Step left foot to the left side, replace weight onto right
- 23&24 Step left foot over right, step right foot to the right side, step left over right
- 25&26 Side shuffle to the right side stepping right, left, right, making a ¼ turn left
- 27-28 Step left foot back, replace weight forward onto right
- 29-30 Step left foot forward, make a full turn right hooking right foot in front of left shin on the second half of the turn
- 31&32 Shuffle forward right, left, right

STOMP LEFT FOOT DIAGONALLY FORWARD AND TAP LEFT HEEL 3 TIMES AND REPEAT WITH RIGHT FOOT, CROSS ROCK, TWO TURNING SHUFFLES MOVING BACK, AND COASTER STEP

- 33-36 Stomp left foot diagonally forward left, raise and tap left heel to the floor three times
- 37-40 Repeat 33-36 with the right foot
- 41-42 Step left foot forward and across right, replace weight back on to right foot
- 43&44 Moving back make a half turn to the left as you shuffle left, right, left
- 45&46 Continue to make a further half turn to the left as you shuffle right, left, right
- 47&48 Step left foot back, close right to left, step left foot forward

SIDE POINT & STEP TWICE, TWO HEEL GRINDS WITH QUARTER TURNS, COASTER STEP, SYNCOPATED WEAVE

- 49-52 Point right foot to the right side, step right foot forward, point left foot to the left side step left foot forward
- 53-54 Touch right heel forward (foot slightly turned in) make a quarter turn right as you grind heel around stepping onto left foot
- 55&56 Step right foot back, close left to right, step right foot forward
- 57-60 Repeat 53-56 on the opposite foot turning the heel grind a quarter to the left
- 61-62 Step right foot to the right side, step left foot behind right
- &63-64 Step right foot slightly back next, step left foot in front of right, step right foot to the right side

REPEAT

TAG

At the start of every other wall 2nd, 4th, 6th, etc





牆數:4

1-4 Rock step left foot back replace weight onto right, shuffle to the left side (left, right, left)
5-8 Rock step right foot back, replace weight onto left, shuffle to the right side (right, left, right)