

Poster Girl

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Jon Peppin (AUS)
音樂: Poster Girl - Beccy Cole



- 1-2& Step/rock right to right side, rock/replace weight onto left, step right slightly behind left
3-4 Step/rock left to left side, rock/replace weight onto right,
5-6& Step/rock left to left side, rock/replace weight onto right, step left slightly behind right
7-8 Step/rock right to right side, rock/replace weight onto left,
- 1-2& Step/rock right across in front of left, rock/replace weight back on left, step right slightly to right side
3-4 Step/rock left across in front of right, rock/replace weight back on right,
& Turning $\frac{1}{4}$ turn left - step left forward
5-6 Step right forward, pivot $\frac{1}{2}$ turn left - placing weight onto left, (3:00)
7&8 Right forward coaster step - step right forward, step left beside right, step right back,
- 1-2 Step/rock left back, rock/replace weight forward onto right
&3-4 Step left forward turning $\frac{3}{4}$ turn right, step/rock right to right side, rock/replace weight onto left (12:00)
5-6 Step/rock right to right side, rock/replace weight onto left
7&8 Traveling left - right cross shuffle - step right over left, step left to left side, step right over left
- 1-2 Turning $\frac{1}{4}$ turn right - step left back, turning a further $\frac{1}{4}$ turn right - step right to right side, (6:00)
3&4 Left shuffle forward - step left forward, step/slide right beside left, step left forward
5-6 Step/rock right forward, rock/replace weight back on left
7&8 Right backward coaster cross - step right back, step left beside right, step right across in front of left
- 1-2 Step/rock left to left side, rock/replace weight onto right
3&4 Step left behind right, step right to right side, step left across in front of right,
&5-6 Step right slightly to right side, rock/replace weight onto left, rock/replace weight onto right
7-8 Turn $\frac{1}{2}$ turn left on right (hinge) - step/rock left to left side, rock/replace weight onto right, (12:00)
- 1&2 Left sailor step - step left behind right, step/rock right to right side, rock/replace weight onto left
3&4 Right sailor step - step right behind left, step/rock left to left side, rock/replace weight onto right
5-6 Step/rock left back, rock/replace weight forward onto right
7&8 Step left forward, pivot $\frac{1}{2}$ turn right - placing weight onto right, step left forward. (6:00)
- 1-2-3-4 Right rocking chair - step right forward, rock/replace on left, step right back, rock/replace onto left
5-6 Step/rock right to right side, rock/replace weight onto left
7&8 Step right behind left, step left to left side turning $\frac{1}{4}$ turn right, touch right heel forward, (9:00)
- &1-2 Step right beside left, step/rock left to left side, rock/replace weight onto right
3&4& Step left behind right, step right to right side turning $\frac{1}{4}$ turn left, touch left heel forward, step left beside right,

5-6-7-8 Right rocking chair - step right forward, rock/replace on left, step right back, rock/replace onto left.**

REPEAT

RESTART

On walls 1 and 3, dance to count 52 then start the dance again

On wall 5, dance to count 20 and start the dance again. On this restart the music is paused. Dance through this. It feels awkward at first but after a few attempts it falls into place
