

Girl Power

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Chris Hodgson (UK) & Richard Hodgson (UK)
音樂: Stand By Me - The GrooveGrass Boyz



"Stand By Me" is 92 bpm, but we dance it at 184 bpm.

VINE RIGHT / SPIN ½ TURN RIGHT AND HITCH / FORWARD X3 / SPIN ½ TURN LEFT AND HITCH

- 1-3 Step right foot to right side, cross left behind, step right foot to right side
- 4 Spin ½ turn right on ball of right foot hitching up left leg
- 5-7 Step forward on left, step forward on right, step forward on left
- 8 Spin ½ turn left on ball of left foot hitching up right leg (now facing 12:00)

STEP-HOLD / ½ TURN-HOLD / FORWARD X3 / HITCH

- 1-2 Step forward on right foot, hold position clapping hands
- 3-4 On ball of right foot make ½ spin turn to right stepping forward on left foot, hold position clapping hands
- 5-7 Step forward on right, step forward on left, step forward on right
- 8 Hitch left foot up

BACK X3 / HITCH / SLOW COASTER STEP

- 1-4 Step back on left, step back on right, step back on left, hitch right foot up
- 5-8 Step back on right, step left next to right, step forward on right, hold position

SIDE-TOGETHER-CROSS-HOLD (LEFT AND RIGHT)

- 1-4 Step left to left side, step right next to left, cross step left over right, hold position
- 5-8 Step right to right side, step left next to right, cross step right over left, hold position

SIDE-BEHIND-¼ TURN-HOLD / ROCK STEPS / HOLD

- 1-2 Step left to left side, cross right behind
- 3-4 Step left to left making ¼ turn left, hold position (now facing 3:00)
- 5-6 Cross rock right over left, step back on left
- 7-8 Cross rock right over left, hold position

2 CROSS STEPS

- 1-4 Cross step left over right, hold position, cross step right over left, hold position (angle body to sides)

TWO ¼ RIGHT TURNS / 2 X ½ RIGHT TURNS ALL WITH HITCHES

Traveling back to 9:00

- 1-2 Step in place on left foot making ¼ turn right, hitching right foot up
- 3-4 Step down to right on right foot making ¼ turn right, hitching left foot up (now facing 9:00)
- 5-6 Step forward on left foot making ½ turn right, hitching right foot up
- 7-8 Step in place on right foot making ½ turn right, hitching left foot up (now facing 9:00)

FORWARD-FORWARD-BACK-TOGETHER

- 1-2 Step forward on left foot, step forward on right foot (feet slightly apart)
- 3-4 Step back on left foot, step right next to left

RIGHT FAN / SWIVET / RIGHT FAN / SWIVET

- 1-2 Fan right toes to right, fan right toes to center
- 3-4 On heel of right and ball of left fan right toes to right and left heel to left and back to center

5-8

Repeat counts 1-4 of this section again

REPEAT
