

Girlfriend

COPPER KNOB
BY STEPHEN HETS

拍數: 48 牆數: 2 級數: Improver
編舞者: Isabella Hennie
音樂: Girlfriend - Sanne Salomonsen



WALKS FORWARD, POINT, STEP BACK, BODY ROLL, HIP BUMPS WITH ¼ RIGHT

- 1-2 Walk forward on right, left
3-4 Point forward with right foot (in a circular movement), step back on right foot
5-6 Roll your upper body from chest and downwards - you almost end sitting down with weight on right (simultaneously roll your arms in a backwards motion in front of chest)
7&8 Bump hips left, right, left turning ¼ right (as you straighten up weight goes onto left)

RIGHT ROCK STEP, TRAVELING SWITCH STEPS, UNWIND ½ TURN RIGHT, CROSS SHUFFLE

- 1-2 Rock back on right in 3rd position, recover weight to left foot
3&4 Jump out on both feet shoulder width apart, jump to right side crossing right over left and left behind right, jump out on both feet to right side shoulder width apart - weight on right (move your straightened arms to a 450 angle, cross arms in front of body - left arm over right, move your straightened arms to a 450 angle)
5-6 Cross left over right, unwind ½ turn right ending with weight on right (as you cross left over right do an arm roll with left arm, straighten left arm/hand out with palm turned towards floor)
7&8 Cross left over right, step right to right side, cross left over right

SYNCOPATED RIGHT SIDE ROCK STEP, TOUCH, CHASSE BACK, TURN ¾ RIGHT, TURN ¼ RIGHT, STEP LEFT NEXT TO RIGHT WITH RIGHT KNEE POP

- 1&2 Rock right to right side, recover weight to left, touch right next to left foot
3&4 Step back on right, step left next to right, step back on right
5-7 Step forward on left turning ¼ right, turn ¼ right stepping forward on right, turn ¼ right stepping left to left side
&8 Turn ¼ right stepping onto right, step left next to right popping right knee forward

SYNCOPATED WEAVE LEFT, SLOW ¼ RIGHT WITH PULSATING HIP THRUSTS, HITCH LEFT KNEE

- 1-2 Cross right over left, step left to left side
3&4 Cross right behind left, step left to left side, cross right over left
5&6&7 Step left to left side stretching both arms in the air, slowly turn ¼ right ending with weight on right (while stepping out on left and turning ¼ right thrust hips back (5), forth (&), back (6), forth (&), back (7))
8 Hitch left leg in the air

STEP DOWN ON LEFT, STEP FORWARD ON RIGHT WITH HEEL BOUNCE, TURN ¼ RIGHT, WALK FORWARD RIGHT LEFT, SIDE ROCK & CROSS

- &1-2 Step down on left, step a little forward on right bouncing heel twice
3&4 Step forward on left and bounce left heel twice (on counts 3&), swivel both heels left turning ¼ right (weight on left)
5-6 Walk forward on right, left
7&8 Rock right to right side, recover weight to left, cross right over left

TURN ¼ RIGHT TWICE, CROSS SHUFFLE, RIGHT SIDE MAMBO STEP, SYNCOPATED LEFT ROCK STEP, TURN ¼ LEFT

- 1-2 Step forward onto left turning ¼ right, turn ¼ right stepping right to right side
3&4 Cross left over right, step right to right side, cross left over right
5&6 Rock right to right side, recover weight to left, step right next to left
7&8 Rock left to left side, recover weight to right, turn ¼ left stepping left next to right

REPEAT
