

Be My Girl

拍數: 64 牆數: 2 級數: Advanced
編舞者: Colleen Archer (AUS)
音樂: Be My Girl - Korey Livy



- &1-2 Step right to right side, touch left beside right, kick left forward
3&4 Shuffle sideways left (left-right-left)
5-6 Step right forward, turn ½ left taking weight onto left
7-8 Step right forward, turn ¼ left taking weight onto left (3:00)
- 1-2 Step right forward, rock back onto left
3-4 Turn ½ right and step right forward, turn ½ right and step left back
5&6 Turn ½ right and shuffle forward (right-left-right)
7-8 Step left forward, turn ¼ right taking weight onto right (12:00)
- 1-2 Step left forward, scuff right forward
&3-4 Hop left slightly back, step right back, touch left heel forward (relax knees)
5&6 Left coaster step back (step left back, step right beside left, step left forward)
7-8 Step right forward, turn ½ left taking weight onto left (6:00)
- 1-2&
3-4-5 Step right to right side, step/cross left behind right, step right to right side
6&7 Step/cross left over right, step right to right side, replace weight onto left
8 Step/cross right behind left, step left to left side, step/cross right over left
8 Step left to left side (6:00)
- 1-2 Step/rock right over left, rock weight back onto left
3&4 Turn ¾ right with triple step on spot (right-left-right)
5-6 Step left forward, touch/point right to right side
&7 Step right to center, touch/point left to left side
&8 Step left to center, touch/point right to right side (3:00)
- 1-2 Step right forward, hold
&3-4 Step left beside right, step right forward, turn ¼ left taking weight onto left
5&6 Shuffle forward (right-left-right)
7&8 Left kick-ball-change (kick left forward, step left beside right, step right beside left)(12:00)
- &1-2 Step left back to left diagonal, touch right beside left, hold and clap
&3-4 Step right back to right diagonal, touch left beside right, hold and clap
5&6 Left coaster step back (step left back, step right beside left, step left forward)
7-8 Step right forward, turn ½ left taking weight onto left (6:00)
- 1-2 Step right forward, rock back onto left
&3&4 Step right back, touch left heel forward, step left back, touch right heel forward
&5-6 Step right back, step left forward (ball change), scuff right forward
&7-8 Run/step right forward, run/step left forward, scuff right forward (6:00)

REPEAT

FINISH

Dance first 14 counts then

- 15-16 Jump/step left forward, turn ¾ right and jump/step right to right side (12:00)

The following is a toned down version of "Be My Girl". The speed is still there but I have taken out some of the "extras" that make the dance a little harder to execute

- 1-2 Step right to right side, touch left beside right
3&4 Shuffle sideways left (left-right-left)
5-6 Step right forward, turn $\frac{1}{2}$ left taking weight onto left
7-8 Step right forward, turn $\frac{1}{4}$ left taking weight onto left (3:00)
- 1-2 Step right forward, rock back onto left
3-4 Turn $\frac{1}{2}$ right and step right forward, step left forward
5&6 Shuffle forward (right-left-right)
7-8 Step left forward, turn $\frac{1}{4}$ right taking weight onto right (12:00)
- 1-2 Step left forward, scuff right forward
3-4 Step right back, touch left heel forward (relax knees)
5&6 Left coaster step back (step left back, step right beside left, step left forward)
7-8 Step right forward, turn $\frac{1}{2}$ left taking weight onto left (6:00)
- 1-2- Step right to right side, step/cross left behind right, step right to right side
4-5-6 Step/cross left over right, step right to right side, replace weight onto left
7-8 Step/cross right behind left, step left to left side (6:00)
- 1-2 Step/rock right over left, rock weight back onto left
3&4 Turn $\frac{3}{4}$ right with triple step on spot (right-left-right)
5-6 Touch left to left side, step/cross left over right
7-8 Touch right to right side, touch right beside left (3:00)
- 1-2 Step right forward, hold
&3-4 Step left beside right, step right forward, turn $\frac{1}{4}$ left taking weight onto left
5&6 Shuffle forward (right-left-right)
7&8 Left kick-ball-change (kick left forward, step left beside right, step right beside left) (12:00)
- 1-2 Step left back to left diagonal, touch right beside left (clap hands)
3-4 Step right back to right diagonal, touch left beside right (clap hands)
5&6 Left coaster step back (step left back, step right beside left, step left forward)
7-8 Step right forward, turn $\frac{1}{2}$ left taking weight onto left (6:00)
- 1-2 Step right forward, rock back onto left
3-6 Step right back, touch left heel forward, step left back, touch right heel forward
7-8 Step right forward, step left forward (6:00)

REPEAT

FINISH

Dance first 14 counts then

- 15-16 Step left forward, turn $\frac{3}{4}$ right and step right to right side (12:00)
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