Some Girls Life

級數: Intermediate

編舞者: Sebastiaan Holtland (NL) - August 2007

音樂: Some Girls Will - The Dean Brothers

start dancing when she singing

2 X RUNNING FORWARD KICK AND KICK FWD

1&2& Rf run forward, Lf run forward, Rf run forward, Lf run forward

- 3&4& Rf kick forward, Rf step back in center, Lf kick forward, Lf step back in center weight on Lf (facing 12:00)
- 5&6& Rf run forward, Lf run forward, Rf run forward, Lf run forward
- 7&8& Rf kick forward, Rf step back in center, Lf kick forward, Lf step back in center weight on Lf (facing 12:00)

TOE STRUTS WITH 1/4 TURNS

- 9-10 Rf step on toe forward, Rf put your heel down weight on Rf (facing 12:00)
- 11-12Lf step on toe forward and make 1/4 turn left, Lf put your heel down weight on Lf (facing
9:00)
- 13-14 Rf step on toe forward, Rf put your heel down weight on Rf (facing 9:00)
- 15-16 Lf step on toe forward and make 1/4 turn left, Lf put your heel down weight on Lf (facing 6:00)

KICK WITH SWIVELS FWD

- 17-18 Rf kick forward, Rf step back in center and swivel heel back, and swivel your Lf heel forward weight on Lf (facing 6:00)
- 19-20 Rf swivel heel forward, Lf swivel your heel forward weight on Lf (facing 6:00)
- 21-22 Rf kick forward, Rf step back in center and swivel heel back, and swivel your Lf heel forward weight on Lf (facing 6:00)
- 23-24 Rf swivel heel forward, Lf swivel your heel forward weight on Lf (facing 6:00)

1/4 SIDE ROCK AND CROSS HOLD, SIDE ROCK AND CROSS HOLD

- 25-26 1/4 turn left Rf side rock, Lf recover
- 27-28 Rf across in front of Lf, HOLD (facing 3:00)
- 29-30 Lf side rock, Rf recover
- 31-32 Lf across in front of Rf, HOLD (facing 3:00)

SIDE ROCK AND CROSS HOLD, 1/2 TURN SIDE CLOSE HOLD

- 33-34 Rf side rock, Lf recover
- 35-36 Rf across in front of Lf, HOLD weight on Lf (facing 3:00)
- 37-38 Lf step back with 1/4 turn right, Rf to the side with 1/4 turn right weight on Rf (facing 9:00)
- 39-40 Lf step next Rf, HOLD weight on LF (facing 9:00)

POSE AND BEND, CLOSE, POSE AND BEND, CLOSE KICK FWD AND BACK, SIDE AND CROSS 1 1/4

TURN

- 41-42 Rf step diagonally out and bend knees, Lf step next Rf weight on Lf (facing 9:00)
- 43-44 Rf step diagonally out and bend knees, Lf step next Rf weight on Lf (facing 9:00)
- 45&46 Rf kick diagonally forward, Rf step behind Lf, Lf step to the left side (facing 9:00)
- &47-48 Rf step across Lf in 6 position, Rf make a 1 1/4 turn left end weight on Lf (facing 6:00)
- NOTE: with the steps 41 t/m 44 juse your hands up your head with your palms to ceiling like a arabic dancer

REPEAT





拍數: 48

牆數:2