

Girl, It's True

拍數: 48 牆數: 4 級數: Beginner
編舞者: Sebastiaan Holtland (NL) - October 2007
音樂: Girl You Know It's True - Lemon Ice



Intro: 16 counts after the 5 seconds in the music

WALK FWD, WALK FWD, ROCKING CHAIR, TOUCH BACK, 1/2 TURN, SHUFFLE FWD

1-2 Rf walk forward, Lf walk forward
3&4 Rf rock forward, Lf recover, Rf step back weight onto Rf (12:00)
5-6 Lf touch back, 1/2 turn left, take weight onto Lf (6:00)
7&8 Rf step forward, Lf close behind Rf, Rf step forward

ROCKING CHAIR, TOUCH BACK, 1/2 TURN, SHUFFLE FWD, 2X CROSS AND STEP BACK

9&10 Lf rock forward, Rf recover, Lf step back (6:00)
11-12 Rf touch back, 1/2 turn right, holding weight onto Lf (12:00)
13&14 Rf step across Lf, Lf step back, Rf step diagonally back weight onto Rf
15&16 Lf step across Rf, Rf step back, Lf step to the left take weight onto Lf (12:00)

WALK FWD, WALK FWD, STEP 1/2 TURN, TAP FWD, HIP BUMPS BACK

17-18 Rf walk forward, Lf walk forward (12:00)
19-20 Rf step forward with 1/2 turn left, Lf tap forward and holding weight onto Rf (6:00)
21&22&23&24&R hip, bump back and center, weight onto Rf (6:00)

SYNCPATHED LOCK STEPS FWD, STEP, 1/2 STEP PIVOT, STEP 1/4 TURN, SAILOR CROSS

25&26& Lf step forward, Rf lock behind Lf, Lf step forward, Rf step forward (6:00)
27&28 Lf lock behind Rf, Rf step forward, Lf step forward
29&30 Rf step forward, 1/2 turn left, take weight onto Lf, Rf step forward with 1/4 turn left weight onto Rf
31&32 Lf step behind Rf, Rf step to the right, Lf step across Rf (9:00)

R STEP OUT, L STEP OUT, 1/4 SAILOR CROSS, FULL SWEEP TURN, SAILOR CROSS

33-34 Rf step out right, Lf step out left
35&36 Rf step behind Lf, Lf step to the left with 1/4 turn right, Rf step across Lf (12:00)
37-38 Rf+Lf make a full turn left, and make sweep with your Lf from front to back
39&40 Lf step behind Rf, Rf step to the right, Lf step across Rf weight onto Lf (12:00)

R STEP OUT, L STEP OUT, 1/4 SAILOR CROSS, FULL SWEEP TURN, SAILOR CROSS

41-42 Rf step out right, Lf step out left
43&44 Rf step behind Lf, Lf step to the left with 1/4 turn right, Rf step across Lf (3:00)
45-46 Rf+Lf make a full turn left, and make sweep with y our Lf from front to back
47&48 Lf step behind Rf, Rf step to the right, Lf step across Rf weight onto Lf (3:00)

Begin again