

My Girl

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 0 級數: Phrased Intermediate
編舞者: Gerina Aarhus (USA) & Cheri Coker (USA) - January 2008
音樂: My Girl - Alabama : (CD: Dancin' On The Boulevard)



Sequence: AABAB

INTRO

1-4 Ignore first 4 beats
5-6 Rock/weave once right
7-8 Rock/weave once left
9-10 Weave body leading with hips right, finger snaps low
11-12 Weave body leading with hips right, finger snaps low
13-16 Repeat 9-12

Do not lift or move feet during these moves

PART A

STEP-TWIST, PUSH, BOUNCE, (RIGHT AND LEFT)

1 Step forward right-twisting left
Sweep right arm across body as you twist to left
2 Shift weight to left and begin to face front again
3&4 Recover to right forward with small bounces (right-left-right) leaving both feet in place
5 Step forward left-twisting right
Sweep left arm across body as you twist to right
6 Shift weight to right and begin to face front again
7&8 Recover to left forward with small bounces (left-right-left) leaving both feet in place

CROSS ROCK, RECOVER, CROSS ROCK, RONDE, (RIGHT & LEFT)

1-4 Cross rock on right, recover left back, cross rock on right, ronde left around front for next step
5-8 Cross rock on left, recover right back, cross rock on left, ronde right around front for next step

FORWARD RIGHT, LEFT, RIGHT, DIP, ROCK BACK LEFT, HITCH, ROCK FORWARD RIGHT, DIP

1-4 Right forward, left step to right, right forward, dip
5-6 Rock back left, hitch right
7-8 Rock forward right, dip

BACK LEFT, RIGHT, LEFT, HITCH, ROCK FORWARD RIGHT, DIP, ROCK BACK LEFT, HITCH

1-4 Left back, right step to left, left back, hitch right
5-6 Rock forward on right, dip
7-8 Rock left back, hitch right

You must take larger steps back than forward to make up for steps 1-16.

UNDULATING LOCK STEPS TO RIGHT WITH SMALL ARM MOTIONS

1-2 Turning ¼ right step forward on right to 3:00, slide/step left instep to right heel
Put some forward rolling hip/abdomen motion in
3-4 Step right forward, slide/step left instep to right heel
5-6 Step right forward, slide/step left instep to right heel
7-8 Step right forward, slide/hitch left to right while pivoting ½ left to 9:00

UNDULATING LOCK STEPS TO LEFT WITH SMALL ARM MOTIONS

1-2 Step left forward to 9:00, slide/step right instep to left heel
3-4 Step left forward, slide/step right instep to left heel
5-6 Step left forward, slide/step right instep to left heel

7-8 Step left forward, slide/touch right to left (Begin turning your body to face front again for next step)

Styling for 33-48: with each step forward make a small skiing motion with both arms, elbows bent, hands loosely open, palms down.

PADDLE TURN WITH ROTATING HIP AND ARM MOTIONS

1-2 Step right forward to 12:00 pivoting ¼ turn to left

3-8 Repeat 1-2 three times (completing full paddle turn)

Styling for 49-56: as you step on right begin to the left rotation of hips making the same circle to the left with right arm bent at elbow, palm down. Make four small hip and arm circles while completing paddle turn.

SCISSOR CROSS, HOLD, SCISSOR CROSS, HOLD/SNAP

1-4 Step right to right, slide/step left to right, cross right over left, hold

Hold your arms down at sides for these steps

5-8 Step left to left, slide/step right to left, cross left over right, hold

Snap fingers down low on count 8

PART B

SLOW BODY WEAVES

1-8 Rock to side, right-left-right-left (these are slow body weaves leading with hips, do not lift feet.)

No finger snaps here

RIGHT CHASSE, ¼ TURN RIGHT/HITCH, LEFT CHASSE, HITCH

1-3 (Gently but with body moves) step right to right, left to right, right to right

4 ¼ turn to right on right/hitch left (now facing 3:00)

5-8 Step left to left, step right to left, step left to left, hitch right

RIGHT CHASSE, ¼ TURN LEFT/HITCH, LEFT CHASSE, ¼ TURN LEFT/HITCH

1-3 (Bright & perky) step right to right, left to right, right to right

4 ¼ turn to left on right/hitch left (now facing 12:00)

5-7 Step left to left, right to left, left to left

8 ¼ turn to left on left/hitch right (now facing 9:00)

RIGHT CHASSE, HITCH, LEFT CHASSE, ¼ TURN RIGHT/HITCH

1-4 Step right to right, left to right, right to right, hitch left

5-7 Step left to left, right to left, left to left

8 ¼ turn to right on left/hitch right (now facing 12:00)

MAKE ¼ TURN/STEP, SLIDE/STEP, STEP, TURN, STEP, TURN, STEP, TURN

1-3 Step forward on right to 3:00, slide/step left next to right, step right

4 Turn ½ to left

5-6 Step forward on left to 9:00, turn ½ to right

7-8 Step forward on right to 3:00, turn ½ to left

STEP, SLIDE, STEP, TURN, STEP, TURN, STEP, TURN

1-3 Step forward on left to 9:00, slide right next to left, step left

4 Turn ½ to right

5-6 Step forward on right to 3:00, turn ½ to left

7-8 Step forward on left to 9:00, turn ¼ to right with small right hitch to prepare for step 1 as you begin again

Styling for 33-48: pump arms back and forward with elbows bent in a Supreme's look, adding finger snaps on even beats.

ENDING

1-32 Repeat first 32 steps of Part B

These chasses do not become bright and perky in 17. But continue to work body. Just tone down the thrust

and bounce of the feet.

TOE TOUCHES WITH KNEE LIFTS/SNAPS X 3, TOE TO SIDE, PALMS OUT

1 Finish turning body $\frac{1}{4}$ right to face front, touching right toe straight down

Hands go up to shoulder height for snaps in next step

2 Lift right knee while you pull hands down at sides with snaps

3-6 Repeat steps 1-2 twice, lifting leg less and less with music

7 Touch right toe down and out with knee forward for final time Leave hands down

8 Extend hands out at sides slightly, with palms forward

These last 8 counts become increasingly gentle
