

Girlfriend

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Bracken Heidenreich (USA) - February 2008
音樂: Girlfriend - Avril Lavigne : (CD: The Best Damn Thing)



Start immediately!!

The clock positions in parentheses indicate the direction you should be facing at the end of the movement.

Or Music: Reckless by Aaron Watson, CD: The Honky Tonk Kid; 48 Count Intro

(1-8) HIP BUMPS, KICK, KICK, SAILOR-OUT

1,2,3,4 Feet apart, weight on right: Bump hip to left side; Bump hip to right side; Bump hip to left side; Bump hip to right side
5,6 Kick left across right; Kick left to left side
7 & 8 Step left behind right; Step right to right side; Step left to left side (12:00)

(9-16) TWIST, TWIST, KICK, KICK, SAILOR

1,2,3,4 Twist both heels to left; Bring heels center; Twist both heels to left; Bring heels center, ending with weight on left
5,6 Kick right across left; Kick right to right side
7 & 8 Step right behind left; Step left to left side; Step right slightly forward (12:00)

(17-24) FORWARD ROCK, TRIPLE STEP HALF, TRIPLE STEP HALF, BACK ROCK

1,2 Rock left forward; Recover to right
3 & 4 Turn 1/4 left and step left to side; Step right together; Turn 1/4 left and step left forward (6:00)
5 & 6 Turn 1/4 left and step right to side; Step left together; Turn 1/4 left and step right back (12:00)
7,8 Rock left back; Recover to right

(25-32) JUMP, CLAP, JUMP, CLAP, TRIPLE STEP, TRIPLE STEP

& 1,2 &1 – Jump forward stepping Left, Right; 2 - Clap
& 3,4 &1 – Jump back stepping Right, Left; 2 - Clap
5 & 6 Step Right forward to right diagonal; & Step Left together; Step Right forward to right diagonal
7 & 8 Make 1/4 turn left, then step Left forward; & Step Right together; Step Left forward (9:00)

(33-40) KICK, KICK, KICK, KICK, TOUCH, KICK, BEHIND AND CROSS

1,2 Kick right across left; Kick right to right side
3,4 Kick right across left; Kick right to right side
5,6 Tap right behind left; Kick right to right side
7 & 8 Step right behind left; & Step left to left side; Step right across (in front of) left (9:00)

(41-48) KICK, KICK, KICK, KICK, TOUCH, KICK, BEHIND AND CROSS

1,2 Kick left across right; Kick left to left side
3,4 Kick left across right; Kick left to left side
5,6 Tap left behind right; Kick left to left side
7 & 8 Step left behind right; & Step right to right side; Step left across (in front of) right (9:00)

(49-56) TRIPLE SIDE, BACK ROCK, TRIPLE SIDE, BACK ROCK

1 & 2 Step right to right side; & Step Left together; Step Right to right side
3,4 Rock left back; Recover to right
5 & 6 Step Left to left side; & Step Right together; Step Left to left side
7,8 Rock right back; Recover to left

(57-64) OUT, OUT, SAILOR STEP, BEHIND, UNWIND, TWIST

- 1,2 Step Right to right side, Step Left to left side
3 & 4 Step right behind left; Step left to left side; Step right slightly forward
5,6 Touch right behind left; Unwind 1/2 turn to left ending with weight on right (3:00)
7,8 Twist both heels left; Bring feet center
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