Big Girl Now

拍數: 48

級數: Intermediate

編舞者: Regina Cheung (CAN) - September 2009

音樂: Big Girl Now (feat. Lady GaGa) - New Kids On the Block

Easy Option : perform the dance as a straight 48 count, will end at the same wall as with restart & tag. Dance starts after 16 counts

Back. Side Point. Kick Ball forward. 2x Heel Swivel. Hitch. Step (12:00)

- 1-2 Right step back. Point left to left side
- 3&4 Kick left forward, step left next to right, step forward onto right
- 5-6 Swivel heels right. Swivels heels back to centre (weight on right)
- 7-8 Hitch left knee forward. Step left down

Back. 1/2 Left Shuffle. 1/4 Left. Cross Shuffle. Side. Jump Together. Flick Kick (3:00)

- 1 Walk backward on right.
- 2&3 Turn ¼ left & step left to left, step right next to left, turn ¼ left & step forward onto left (6)
- 4-5 Step forward onto right. Turn ¼ left (weight on left) (3)
- 6&7 Cross right over left, step left to side, cross right over left
- 8&1 Left step to left, jump right beside left, flick-kick left to left side

Cross. Unwind 1/2 Right. 1/2 Right Back. 1/2 Right Sailor. Fwd. Mambo (9:00)

- 2-3 Cross left over right. Transferring weight to right unwind ½ right (9)
- 4 Turn ¹/₂ right & step backward onto left (3).
- 5&6 Turning ¼ right sweep right from front to back (6), step left next to right, turn ¼ right & step forward onto right (9).
- 7 Step forward onto left.
- 8&1 Rock forward onto right, recover onto left, step backward onto right

Back-Heel Bounce. Coaster. Fwd. Kick Ball side (9:00)

- 2&3 [2] Left step back, [&] lift both heels off the floor popping knees forward, [3] place heels on floor again.
- 4&5 Step backward onto right, step left next to right, step forward onto right
- 6 Step forward onto left.
- 7&8 Kick right forward, step right next to left, touch left to left side.

RESTART: Wall 4 - Replace count 32 (8) with - 'Step left next to right'. Then restart dance from beginning.

1/4 Left. Bwd Step Lockstep-1/4 Left. Fwd Step Lockstep. Rock Recover (3:00)

- 1 Keeping weight on right pivot ¼ left (left foot now facing forward) (6)
- 2&3&4 Step backward onto left, lock right across front of left, step backward onto left, step backward onto right, turn 1/4 left & step left to left (3)
- 5&6 Step forward onto right, lock left behind right, step forward onto right.
- 7-8 Rock left to left. Recover on right

1/2 Left Shuffle. 2x Fwd-1/2 Left Fwd. Rock. Recover (9:00)

- 1&2 Turn ¼ left & step left to left, step right next to left, turn ¼ left & step left to left (9)
- 3-4 Step forward onto right. Turn ¹/₂ left & step forward onto left (3)
- 5-6 Step forward onto right. Turn ¹/₂ left & step forward onto left (9)
- 7-8 Rock forward onto right. Recover onto left.

START AGAIN



牆數:4

End of Wall 5: add [&1] and last 15 counts of the dance

1/4 Left. Together. Side Touch. Bwd Step Lockstep-1/4 Left. Fwd Step Lockstep. Rock. Recover (3:00)

- &1 [&] Turn ¼ left & step right beside left, (1) Touch left to left side (bending right knee) (6)
- 2&3&4 Step backward onto left, lock right across front of left, step backward onto left, step backward onto right, turn ¼ left & step left to left (3)
- 5&6 Step forward onto right, lock left behind right, step forward onto right.
- 7-8 Rock forward onto left. Recover on right.

1/2 Left Shuffle. 2x Fwd-1/2 Left Fwd. Rock. Recover (9:00)

- 1&2 Turn ¼ left & step left to left, step right next to left, turn ¼ left & step left to left (9)
- 3-4 Step forward onto right. Turn ½ left & step forward onto left (3)
- 5-6 Step forward onto right. Turn ½ left & step forward onto left (9)
- 7-8 Rock forward onto right. Recover onto left.

HAPPY DANCING \:D/

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