

Dem Girls

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Will Craig (USA) - November 2011
音樂: I Like Dem Girls - Sizzle C



[1-8] Out Out and Walk, Walks X2, Triple Forward, Rock Recover

- &1&2 Step out to the side with the right foot, Step out to the side with the left foot, Step in with the right foot, Step Forward with the left foot
- 3, 4 Walk forward on the right foot, Walk forward on the left foot
- 5&6 Step forward on the right foot, Bring left foot to right foot, Step right foot Forward
- 7, 8 Rock the left foot forward, Recover weight back onto right

[9-16] Touch 1/2 Turn, Triple 1/4 Turn, Sailor 1/4 Turn, Side Step 1/4 Turn

- 1, 2 Make a 1/4 turn left touching left foot to left side, Make a 1/4 turn stepping down on the left foot (6 o Clock)
- 3&4 Step right foot to right side while making a 1/4 turn left, bring left foot to right foot, Step right foot to right side (3 o Clock)
- 5&6 Step left foot behind right foot, Step right foot to right side, Step left foot forward while making a 1/4 turn left (12 o Clock)
- 7, 8 Take a big step to right side with right foot while making a 1/4 turn, Touch left foot next to right (9 o Clock)

[17-24] Cross Rock Recover, Step 1/4 Turn, Cross Step, Sailor Step

- 1, 2 Rock left foot forward and slightly across right foot, Recover weight onto right foot
- &3, 4 Bring left foot to right foot, Step right foot forward, Make 1/4 turn left putting weight onto left foot (6 o Clock)
- 5, 6 Cross right foot over left foot, Step left foot to left side
- 7&8 Step right foot behind left foot, Step left foot to left side, Step right foot to right side

[25-32] Cross Rock Recover, Step 1/4 Turn, 1/2 Paddle Turns

- 1, 2 Rock left foot forward and slightly across right foot, Recover weight onto right foot
- &3, 4 Bring left foot to right foot, Step right foot forward, Make 1/4 turn left putting weight onto left foot (3 o Clock) (styling on this turn roll your hips around)
- 5, 6, 7, 8 Make a 1/2 Turn keeping the weight on the left foot while paddling right foot around for 4 counts end with weight still on the left foot (9 o Clock) (*)

[33-40] Step Side Touches with Shoulder Bumps, Triple Side, Heel Grind

- 1, 2 Step right foot to right side , Touch left foot to right foot (styling Bounce shoulders up and down while doing these steps)
- 3, 4 Step left foot to left side, Touch right foot to left foot (styling Bounce shoulders up and down while doing these steps)
- 5&6 Step right foot to right side, Bring left foot to right foot, Step right foot to right side
- 7, 8 Bring left foot across right foot touching left heel pointing left toe in, Fan left toe outwards while putting weight onto right foot

[41-48] Heel Grinds, and Cross 1/4, Walk Out Out

- &1, 2 Bring left foot next to right, Bring right foot across left foot touching right heel pointing right toe in, Fan right toe outwards while putting weight onto left foot
- & 3, 4 Bring right foot next to left, Bring left foot across right foot touching left heel pointing left toe in, Fan left toe outwards while putting weight onto right foot
- &5, 6 Bring left foot next to right foot, Cross right foot over left foot, Make a 1/4 turn left stepping left foot forward (6 o Clock)
- 7, 8 Step right foot out to right side, Step left foot out to left side

[49-56] Arm Movements, Squat Down, Hold and Bounce x 2

- 1&2 Bring right arm up palm facing up like as to throw something up in the air, Bring right arm down to side, Bring both arms up palms facing up like as to throw something up in the air
- 3&4 Bring both arms slightly down closing palms like you caught what you threw, Roll both arm down out back up and around, Bring both arms out to each side
- 5, 6 Squat down bending both knees, Hold for count 6
- &7&8& Stand up, Squat down bending both knees, Stand up, Squat down bending both knees, Stand up (ending with weight on left foot)

[57-64] Rock Recover, Point Side to Side, Rock Recover and 1/2 Turn

- 1, 2 Rock right foot forward, Recover weight onto left foot|
- &3&4 Step right foot to left foot, Touch left foot to left side, Bring left foot next to right, Touch right foot to right side
- &5, 6 Bring right foot to left foot, Make a 1/4 turn to the left while rocking left foot forward, Recover weight onto right
- 7, 8 Touch left foot back, Make 1/2 turn left stepping down on left foot (9 o Clock)

*** Restarts: on walls 1 and 3 restart dance after the first 32 counts**
