

Go Girl

拍數: 32 牆數: 4 級數: Intermediate - Funky
編舞者: Merju Hiir (EST) - August 2012
音樂: Go Girl - L.I.E.



Dance starts after 16 counts - 1 TAG after wall 6.

WALK, WALK, STEP ¼ PIVOT CROSS, ¾ TURN R TOUCH, BODY ROLL

1,2 Step fwd RF, step fwd LF
&3,4 Step fwd RF, Pivot ¼ turn L (weight onto LF), step RF across LF
&5,6 Turn ¼ R stepping LF back, turn ½ R stepping RF beside LF, touch LF to L side (6:00)
7&8 Make a bodyroll by changing the weight from RF to LF (Body roll starts from chest to LF)

BACK ROCK, STEP FWD L DIAGONAL, HOLD, LOCK STEP, STEP ½ PIVOT R, STEP QUICK ½ PIVOT R, STEP PRESS FWD LF

&1,2 Small rock step RF back, recover weight onto LF, step RF fwd to R diagonal (7:30)
3&4 Hold, lock LF behind RF, step RF fwd
5,6 step LF fwd, pivot ½ turn to R (weight onto RF) (1:30)
&7,8 step LF fwd, pivot ½ turn R (weight onto RF), Step press LF fwd (7:30)

BIG STEP BACK, SLIDE, TOGETHER, STEP RF FWD, TOGETHER, SIDE TOUCHES R & L, SAILOR ½ TURN L

1,2 Take a big step back RF, slide the LF towards RF
&3,4 Step LF beside RF, step RF fwd, Stepping LF fwd beside RF
(with steps turn your body back to 6.00)
5&6 Touch RF to R side, step RF beside LF, touch LF to L side
7&8 Turn ¼ L stepping LF back, turn ¼ L stepping RF to R side, step LF across RF (12:00)

SIDE ROCK, TOGETHER& SIDE, HIP POPS, TOGETHER SIDE ROCK, SAILOR ¾ TURN L

1,2& Step RF to R side, recover weight onto LF, step RF beside the LF
3&4 Step LF to L side, pop your hips to R and back (&4)
&5,6 Step RF beside LF, step LF to L side, recovering weight onto RF
7&8 Step LF cross behind the RF turning ¼ L, Turn ½ L taking a RF small step beside LF step LF fwd (3:00)

TAG: after wall 6 (facing 6:00)

STEP RF FWD, SWIVEL ¼ TURN L, STEP LF BACK, SWIVEL ¼ turn L, STEP RF FWD, SWIVEL ¼ TURN L, STEP LF BACK, SWIVEL ¼ turn L,

1a2 Step RF fwd, swivel both heels ¼ to L (weight should onto RF)
3a4 Step LF back, swivel both heels ¼ L (weight onto LF)
5a6 Step RF fwd, swivel both heels ¼ to L (weight should onto RF)
7a8 Step LF back, swivel both heels ¼ L (weight onto LF)

Comment: you're making a box with this movement, also you can do slides here if you can.

Start dance again and just enjoy!