For the Girl



拍數: 32 牆數: 4 級數: Easy Intermediate

編舞者: Gwen Walker (USA) - November 2012

音樂: Did It for the Girl - Greg Bates



16 count intro - No Tags, No Restarts

1/4 Turn Monterey, Rock Forward, Right Coaster.

1-2 Touch right toe out to right side, turn ½ turn to right bringing right beside left, touch left toe

out to left side, step left back beside right.(3:00)

5-6 Rock forward on right, recover to left.

7&8 Right Coaster, step back on right, bring left beside right, step right forward.(3:00)

Left Rock Forward, 3/4 Turn Left Triple, Weave To Left.

1-2 Rock forward on left, recover to right

3&4 3/4 triple to left, stepping left ½ on left, ¼ on right, left to side. (6:00)

5-8 Weave to left, cross right over left, left to side, right behind left, step left to side.

(Keep body facing slightly at an angle to right prepping for rock back) (6:00)

Back Rock, Kick Ball Cross, 1/4 Turn Left On Right, 1/4 Turn Left On Left, Right Crossing Triple

1-2 Rock back onto right, recover to left.

3&4 Kick right forward, step right beside left, cross left over right.

5-6 ¼ turn to left stepping back on right, ¼ turn to left stepping on left (12:00)
7&8 Crossing Triple, cross right over left, step on left, cross right over left.

Left Side Rock, ½ Turn Left Sailor, Right Side Triple, ¼ Left Sailor.

1-2 Rock left to side, recover to right

3&4 step left ¼ to left, right ¼ to left to right side, step left to side(6:00)

Right side triple, step right, left beside right, step right.

7&8 Right side triple, step right, left beside right, step right.

Step left ½ to left, step right to side, left to side (3:00)

Finish on 3:00 wall at end of dance, do a right step ¼ turn to left to face front wall or for a more fun ending, touch right to side ¼ turn to right, touch left out to side ½ turn to left stepping left next to right back to front wall.

Have fun, and Dance from the Heart with JOY!!!

Contact - gkwdance@gmail.com

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