

My Girl - Rumba

COPPER KNOB
STEPPERS

拍數: 64
編舞者: Beate Keller (DE) - January 2013
音樂: My Girl - The Temptations

牆數: 4

級數: Intermediate - Rumba



Sequence: 64-64-44(Bridge 4) – 64-24...(Ending on the front wall)

Start: 8 Counts intro, on the word "sunshine"...

(1-8) NEW YORKER L, HOLD, STEP FULL TURN RIGHT, STEP SIDE L, HOLD

- 1 RF ¼ turn left and rock fwd (9:00)
- 2 LF recover and ¼ turn right (12:00)
- 3 - 4 RF step side right - hold
- 5 LF cross over RF, ¾ turn right
- 6 RF recover and ¼ turn right
- 7 - 8 LF step side left - hold

(9-16) STEP FULL TURN LEFT, STEP SIDE R, HOLD, NEW YORKER R, HOLD

- 1 RF cross over LF, ¾ turn left
- 2 LF recover and ¼ turn left
- 3 - 4 RF step side right - hold
- 5 LF ¼ turn right and rock fwd (3:00)
- 6 RF recover and ¼ turn left (12:00)
- 7 - 8 LF step side left - hold

(17-24) WALK BACK R - L - R, HOLD, ROCK BACK, RECOVER, 1/8 TURN LEFT STEP FWD, HOLD

- 1 RF walk back
- 2 LF walk back
- 3 - 4 RF walk back - hold
- 5 LF rock back
- 6 RF recover
- 7 - 8 LF 1/8 turn left, step fwd – hold (10.30)

(25-32) WALK IN A FULL CIRCLE LEFT R-L-R, HOLD, L-R-L STEP SIDE L, HOLD

- 1 RF 1/8 turn left, step fwd
- 2 LF ¼ turn left, step fwd
- 3 - 4 RF 1/8 turn left, step fwd - hold
- 5 LF ¼ turn left, step fwd
- 6 RF 1/8 turn left, step fwd
- 7 - 8 LF step side left - hold (12:00)

(33-40) PRISSY WALKS R, HOLD, L, HOLD, R, HOLD, ROCK SIDE L, RECOVER

- 1 - 2 - 3 - 4 RF cross in front over LF - hold - LF cross in front over RF - hold
- 5 - 6 - 7 - 8 RF cross in front over LF - hold - LF rock side left - RF recover (12:00)

(41-48) WEAWE RIGHT, STEP ½ TURN RIGHT, RECOVER

- 1 - 2 - 3 - 4 LF cross over RF - RF step side right – LF cross behind RF - RF step side right
- 5 - 6 - 7 - 8 LF cross over RF - RF step side right – LF step fwd, ½ turn right - RF recover (6:00)

(49-56) 1½ THREE STEP TURN RIGHT(L-R-L), HOLD, ROCK BACK, RECOVER, STEP FWD, HOLD

- 1 LF ¼ turn right and step side left
- 2 RF step back and full turn right
- 3 - 4 LF ¼ turn right and step back - hold (12:00)

5 RF rock back
6 LF recover
7 - 8 RF step fwd - hold

(57-64) LOCK STEP FWD ¼ TURN L, HOLD, OUT-OUT-IN-IN

1 LF ¼ turn left and step fwd (9:00)
2 RF lock step
3 - 4 LF step fwd - hold
5 - 6 - 7- 8 RF step fwd out - LF step fwd out - RF step back in - LF step back in (weight at end on LF)

Start again

BRIDGE AFTER COUNT 44 (YOU WILL BE ON THE BACK WALL) - START AGAIN (FACING 3:00)

(1-4) CHASSE L ¼ TURN L, HOLD, HOLD

1&2 LF ¼ turn left and step side left (3:00) – RF step next to LF – LF step side left
3 4 hold - hold

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