

Go Go Girl !

拍數: 192 牆數: 1 級數: Phrased High Beginner
編舞者: China Line Dance Sport Promotion Centre (CN) - January 2014
音樂: Qi Li Jing Li Zuo Xia by Da Xiao Jie



Start after "one, two, three, four" (13 Sec)

Part A (64 counts)

[1-8] JumpX4, Jump, Bend, Jump, Hold

1234 Jump on both feet & Land feet (x4)

5678 Jump on both feet, land feet & bend knees (sitting position) , jump on both feet & Land feet
(shoulder width apart), hold

Hands styling:

1-2: Both hands on the front face & palms to face & fingers upward

3-4: Both hands next to head do obeisance

5-6: Both hands on the legs

[2-8] Hold, Hold, Squat, Hold, Roll x3, Hold

1234 Hold, hold, squat stances, hold

5678 Shake both knees in four times

[3-8] Repeat 1-8 of Part A

[4-8] Swing (X8)

1234 Swing R,L,R,L

5678 Swing R,L,R,L

[5-8] Repeat 1-8 of Part A

[6-8] Hip Bumps (X8)

1234 Hip bumps R,L,R,L

5678 Hip bumps R,L,R,L

[7-8] Repeat 1-8 of Part A

[8-8] Hook, Step (x4)

1234 Hook right with body slight right side, step right in place, hook left with body slight left side,
step left in place

5678 Hook right with body slight right side, step right in place, hook left with body slight left side,
step left in place

Part B (64 counts)

[1-8] Side, Together, Side, 1/4 Turn L Together (x2)

1234 Step right to right side, step left together right, step left to left side, 1/4 turn L stepping right
together left (9:00)

5678 Step right to right side, step left together right, step left to left side, 1/4 turn L stepping right
together left (6:00)

[2-8] Repeat 1-8 of Part B (12:00)

[3-8] Side, Hold, Side, Hold, Hip Bumps, Hip Bumps

1234 Step right to right out side, hold, step left to left out side, hold

5678 Hip bumps L, hold, hip bumps R, hold

[4-8] Hip Bumps, Hold (x2)

1234 Hip bumps R.L.R, hold

5678 Hip bumps L.R,L hold

[5-8] Jump, Hold, Jump Back, Hold, Jump Fwd, Hold, Jump Back, Hold

1234 Jump both feet in place, hold, jump both feet back, hold

5678 Jump both forward, hold, jump both feet back, hold

[6-8] Side/Hip Bumps, Hold, Hip Bumps, Hold, Hip Bumps R(X4)

1234 Step right to right side with hip bumps R as bend left knee, hold, hip bumps R as bend left knee, hold (face to 10:30)

5678 Hip bumps R (four times)

[7-8] Bend both knees, Straighten both knees(x4)

1234 Bend both knees, straighten both knees(x2)

5678 Bend both knees, straighten both knees(x2)

[8-8] Bend both knees, Straighten both knees(x2), Jump R-L-R-L

1234 Bend both knees, straighten both knees(x2)

5678 Jump both feet to right side, jump both feet to left side, Jump both feet to right side, jump both feet to left side

Part C (64 counts)

[1-8] Side/Hip Bumps R, Hold, Hip Bumps R, Hold, Hip Bumps L, Hold, Hip Bumps L, Hold

1234 Step right to right side with hip bumps R as bend left knee, hold, hip bumps R as bend left knee, hold (face to 10:30)

5678 Hip bumps L as bend right knee, hold, hip bumps L as bend right knee, hold

[2-8] Repeat 1-8 of Part C

[3-8] Repeat 1-8 of Part C

[4-8] Jump, Hold, Jump, Hold, Jump, Hold, Jump, Hold,

1234 Jump both feet to right side, jump in place, jump both feet to left side, jump in place

5678 Jump both feet four times (1/2 Turn L) (6:00)

[5-8] Jump Fwd, Hold, Jump Back, Hold, Jump Fwd, Hold, Jump Back, Hold

1234 Jump both feet forward, hold, jump both feet back, hold

5678 Jump both feet forward, hold, jump both feet back, hold

[6-8] Repeat 1-8 of Part C

[7-8] Jump Together, Hold, Step, Step, Step, Step, 1/4 Turn Step, Step

1234 Jump both feet together, hold, step right in place, step left in place, step left in place (3:00)

[8-8] Step, Step, Step, Step, 1/4 Turn Step, Step, Step, Step

1234 Step right in place, step left in place, step right in place, step left in place

5678 1/4Turn L stepping right in place, step left in place, step right in place, step left in place (12:00)

Ending:

[1-32] Free Action

Please refer to the tutorial video for all hand's movement

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