

Be My Girl

拍數: 64 牆數: 4 級數: Improver
編舞者: Lynn Sawyer (UK) - May 2014
音樂: Be My Girl (feat. Sam Palladio & Jonathan Jackson) - Nashville Cast : (Album: Nashville Soundtrack)



[1 – 8] Rock back recover, chasse right, cross unwind 3/4, left shuffle

1,2,3&4 Rock back right, recover onto left, right to side, left to right, right to side
5,6,7&8 Cross left over right, unwind $\frac{3}{4}$ right keeping weight on right foot, step forward left, step right to left, step left forward (9 o'clock)

[9 – 16] Jazz jumps forward & back, rock back, recover, prissy walks

&1,2,&3,4 Jump forward right & left, hold & clap, jump back right & left, hold & clap,
3,4,5,6 rock back right, recover onto left, prissy walks right & left

[17 – 24] □ Kick & point, heel switches, cross unwind

1&2,3&4 Kick right forward, replace & point left to left side, kick left forward, replace & point right to right side
&5&6,7,8 Step right next to left, point left to left side, step left next to right, point right to right side, cross right over left & unwind half turn left taking weight onto right foot (3 o'clock)

[25 – 32] □ Rock recover, shuffle, right side and side touch

1,2,3&4 Rock back left, recover onto right, forward shuffle L,R,L
5,6&7,8 step right forward making $\frac{1}{4}$ turn left & hold, step left to right, step right to right, touch left to right (12 o'clock)

[33 – 40] Heel Switches, rock recover, $\frac{1}{2}$ shuffle, full turn

1&2&3,4 Touch left heel forward, step left next to right, touch right heel forward, step right next to left, rock forward left, recover onto right,
5&6,7,8 shuffle half turn left, right, left, step right making half turn left, step left making half turn left, (6 o'clock)

[41 – 48] Rock, recover, sweep right, left, coaster

1,2,3-4 Rock forward right, recover onto left, slow sweep back right,
5-6,7&8 slow sweep back left, step back right, step left to right, step forward right

[49 – 56] □ Cross point twice, rolling vine, scuff

1,2,3,4 Cross left over right, point right to right side, cross right over left, point left to left side,
5,6,7,8 Step down on left making $\frac{1}{4}$ left, step right making $\frac{1}{2}$ turn left, step left to side making $\frac{1}{4}$ turn left, scuff right

[57 – 64] □ Cross rock, recover, chasse $\frac{1}{4}$, jazzbox

1,2,3&4 Cross rock right over left, recover onto left, step right to side, step left to right, step right to side making $\frac{1}{4}$ turn right
5,6,7,8 cross left over right, step back on right, step left to side, touch right to left (9 o'clock)

Restart: Wall 2 replace full turn with rock forward on right foot, recover onto left start again.

Tag: end of wall 4 land right foot on last count of jazz box repeat counts 61 – 64 start again

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