

I Met a Girl

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Yvonne Anderson (SCO) - October 2016
音乐: I Met a Girl - William Michael Morgan : (Album: Vinyl or on his self-titled EP
William Michael Morgan. iTunes and amazon)



Notes: Start on vocal, Restart, wall 2 begins facing 6...dance through to count 39 (facing 3 o'clock) step L forward with 1/4 turn to face 12 o'clock and then restart. Dance finishes facing forward during wall 7 (count 20)

[1-8] □ SYNCOPATED JAZZ BOX, ¾ TURN LEFT (spiral), SHUFFLE FORWARD, LUNGE, RECOVER

1-2 Step R across left, Step L to left and slightly back [12]
&3 (&) Step R beside left, Step L across right [12]
4 Make ¼ turn left stepping R back [9] on ball of left continue to turn a further ½ left allowing L foot to drape across right shin [3]
5&6 Shuffle forward stepping L, R, L [3]
7-8 Lunge R forward (R knee is bent, L heel is raised), Recover weight on L [3]

[9-16] □ BALL CROSS, BACK x 2, ROCK ¼ RIGHT, RECOVER, BEHIND-SIDE-FORWARD, BALL-STEP

&1-2 Step ball of R back to diagonal, Step L across right, Step R back to diagonal [1.30]
&3-4 Step ball of L back to diagonal, Step R across left, Step L back squaring off to wall [3.00]
5-6 Make 1/4 turn right rocking R to right, Recover weight on L [6.00]
7&8& Step R behind left, (&) Step L to left, Step R forward, (&) Step L beside right [6]

[17-24] □ WALK FORWARD R, 1/2 TURN RIGHT, SHUFFLE, ROCK 1/2 TURN, RECOVER, 1 1/4 TRIPLE TURN LEFT

1-2 Walk forward R, Make 1/2 turn right stepping L back [12]
3&4 Shuffle 1/2 turn right R,L,R [6]
(Easy version counts 1-4 walk forward R, L then shuffle forward stepping R,L,R)
5-6 Rock L forward, Recover weight on R [6]
7&8 Make 1/2 turn left stepping L forward, (&) Make 1/2 turn left stepping R back, Make 1/4 turn left stepping L to left [3]

[25-32] □ CROSS, SYNCOPATED RUMBA BOX, ROCK BACK, RECOVER, 1 1/2 TRIPLE TURN

1 Step R across left [3]
2&3 Step L to left, (&) Step R beside left, Step L forward [3]
4&5 Step R to right, (&) Step L beside right, Step R back [3]
6-7 Rock L back twisting body and look back, Recover weight on R preparing for turn [3]
8&1 Make 1/2 turn right stepping L back, (&) Make 1/2 turn right stepping R forward, Make 1/2 turn right stepping L back [9]

[33-40] □ COASTER STEP, CROSS, SIDE ROCK X 2, STEP FORWARD

2&3 Step R back, (&) Step L beside right, Step R forward [9]
4&5 Step L forward and across right, (&) Rock R to side, Recover weight on L [9]
6&7 Step R forward and across left, (&) Rock Left to side, Recover weight on R [9]
8 Step L forward [9]

***** RESTART – during 2nd wall dance through to count 39, then step L forward with 1/4 turn to face 12 o'clock and Restart dance ******

[41-48] □ 1/4 TURN LEFT with SIDE ROCK, RECOVER, BEHIND-SIDE CROSS, SIDE ROCK, RECOVER, BEHIND-SIDE FORWARD

1-2 Make 1/4 turn left rocking R to side, Recover weight on L [6]

3&4	Step R behind left, (&) Step L to left, Step Right across left [6]
5-6	Rock L to left, Recover weight on R [6]
7&8	Step L behind right, & Step R to side, Step L forward [6]

REPEAT
