The Girls



拍数: 32 墙数: 4 级数: High Beginner

编舞者: Heidi Cronjé (SA) - April 2021 音乐: Die Meisies - Ray Dylan



Intro: 16 seconds (start on 3rd "ho" of vocals "woo-ho-ho-ho"; heavy beat starts)

SECTION 1: CROSS, SIDE, HEEL, CROSS, ROCK, 1/4 L, FWD SHUFFLE (09:00)

1-2 Cross R over L, Step L side

3&4 Touch R heel to R diagonal, Step R in place, Cross L over R

Rock R side, Turn ¼ L and step L fwdStep R fwd, Step L together, Step R fwd

SECTION 2: 2 X 1/2 R PIVOT TURNS, L SHUFFLE, BACK ROCK, RECOVER (09:00)

1-4 Step L fwd, Turn ½ R (weight on R), Step L fwd, Turn ½ R (weight on R)

*Easier option: L ROCKING CHAIR

*Rock L fwd, Recover R, Rock L back, Recover R

5&6 Step L side, Step R together, Step L side

7-8 Rock R back, Recover L

SECTION 3: 2 X 1/4 L PADDLE TURNS, JAZZ BOX, CROSS (03:00)

1-4 Step R fwd, Turn ¼ L (weight on L), Step R fwd, Turn ¼ L (weight on L)

5-8 Cross R over L, Step L back, Step R side, Cross L over R

SECTION 4: R SHUFFLE, BACK ROCK, RECOVER, L VINE, SCUFF (03:00)

1&2 Step R side, Step L together. Step R side

3-4 Rock L back. Recover R

5-8 Step L side, Cross R behind L, Step L side, Scuff R (angle body to L diagonal)

Start Again. Have fun and Enjoy!

Ending: Dance ends facing 06:00

After the scuff, Step R across L and turn ½ L to face the front

Thank you, Ilze Venter, for suggesting the music

Contact - email: linedanceriversdal@gmail.com