Only Girl



拍数: 64 **墙数:**2 级数: Intermediate Cha Cha 编舞者: Simon Ward (AUS) & Niels Poulsen (DK) - January 2011 音乐: Only Girl - Rihanna : (album: Only Girl in the world) Intro: 32 counts from first beat (app. 15 seconds into track). Start with weight on L [1 – 8] ¼ R, L rock fw, ½ shuffle turn L, fw R, ¾ spiral turn L, L step lock 1 - 3Turn ¼ R stepping fw on R (1), rock fw on L (2), recover on R (3) 3:00 4&5 Turn ¼ L stepping L to L side (4), step R next to L (&), turn ¼ L stepping L fw (5) 9:00 6 - 7Step fw on R (6), turn ³/₄ L on R foot ending with L leg hooked across R shin (7) 12:00 8& Step fw on L (8), lock R behind L (&) 12:00 [9 – 16] Fw L, R rock fw, R back lock step, ¼ L, point R, hold, together 1 – 3 Step fw on L (1), rock R fw (2), recover on L (3) 12:00 4&5 Step back on R (4), lock L over R (&), step back on R (5) 12:00 6 - 7Turn 1/4 L stepping L to L side (6), point R to R side (7) 9:00 8& Hold (8), step R slightly behind L (&) 9:00 [17 – 24] Cross, R side rock, R samba step, cross, point, cross R 1 – 3 Cross L over R (1), rock R to R side (2), recover on L (3) 9:00 4&5 Cross R over L (4), rock L to L side (&), recover on R (5) 9:00 6 - 7Cross L over R (6), point R to R side (7) 9:00 8 Cross R over L (8) 9:00 [25 – 32] Push back L, together R, fw L, R step lock step, fw L, ½ R, R coaster step Step L a big step back leaving R toe pointed (1), step R next to L (2), walk fw L (3) 9:00 1 – 3 4&5 Step fw on R (4), lock L behind R (&), step fw on R (5) 9:00 6 - 7Step fw on L (6), make 1/2 R on L foot (7) – weight remains on L foot 3:00 Step back on R (8), step L next to R (&) 8& * Restart here on wall 3, facing 3:00, stepping R fw 3:00 [33 – 40] Fw R, walk L R, L step lock step, rock R fw, recover sweep ¼ R, R sailor 1 - 3Step fw on R (1), walk L fw (2), walk R fw (3) 3:00 4&5 Step fw on L (4), lock R behind L (&), step fw on L (5) 3:00 6 – 7 Rock fw on R (6), turn ¼ R as you recover back on L and sweep R out to R side (7) 6:00 8& Cross R behind L (8), step L a small step to L side (&) 6:00 [41 – 48] Side R, cross, ¼ L back, ¼ L into L chasse, hold, ball step, hold, together 1 - 3Step R to R side (1), cross L over R (2), turn 1/4 L stepping back on R (3) 3:00 4&5 Turn ¼ L stepping L to L side (4), step R next to L (&), step L to L side (5) 12:00 6&7 Hold (6), step R next to L (&), step L to L side (7) 12:00 8& Hold (8), step R next to L (&) 12:00 [49 – 56] Side L, cross rock, R chasse, cross, ¼ L back, L back lock 1 – 3 Step L to L side (1), cross rock R over L (2), recover back on L (3) 12:00 4&5 Step R to R side (4), step L next to R (&), step R to R side (5) 12:00 6 – 7 Cross L over R (6), turn 1/4 L stepping back on R (7) 9:00 8& Step back on L (8), lock R over L (&) 9:00 [57 – 64] Back L, R back rock, R kick ball point into monterey ¼ L, touch R together 1 – 3 Step back on L (1), rock back on R (2), recover fw onto L (3) 9:00 4&5 Kick R fw (4), step R next to L (&), point L to L side (5) 9:00

 6 – 7
 Turn ¼ L on R stepping L next to R (6), point R to R side (7) 6:00

 8
 Touch R next to L (8) 6:00

Start again... and ENJOY!

* 1 restart: After count 32& on wall 3, facing 3:00: The last step of your coaster step is the first step of your restart. This also means you don't turn ¼ R as you would normally on count 1

TAG End of wall 6, facing 6:00:

1 - 4 Turn ¼ R stepping R fw (1), rock L fw (2), recover on R (3), turn ¼ L stepping L to L side (4) 6:00

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