Go Go Girl !



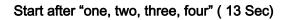
拍数: 192

墙数: 1

级数: Phrased High Beginner

编舞者: China Line Dance Sport Promotion Centre (CN) - January 2014

音乐: Qi Li Jing Li Zuo Xia by Da Xiao Jie



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

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,

1234Jump both feet to right side, jump in place, jump both feet to left side, jump in place5678Jump 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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