U Gurl

拍數: 32

牆數:4

級數: Improver



編舞者: Linda Scott (USA) - October 2021

音樂: U Gurl - Walker Hayes

Intro: 16 counts

TOE & TOE AND HITCH, STEP, UNWIND 3/4, SHUFFLE FORWARD

- 1&2 Touch Right toe to right, quickly step on RF, Touch Left toe to left side
- 3-4 Lift LF up into a hitch crossing over Right leg, Bring LF down crossing over RF (If takes weight)
- 5-6 Unwind slowly to right turning 3/4 (weight will be on LF slightly behind RF) (9:00)
- Step forward on RF, slide LF behind RF, Step RF forward 7&8

ROCKING CHAIR, STEP 3/4 TO RIGHT, STEPPING LEFT, STEP RF BEHIND LF

- 1-2 Step forward on LF, Rock back onto RF
- 3-4 Step back on LF, Rock forward onto RF
- 5-6 Step forward on LF, turn 3/4 turning to your right, transferring weight to RF(6:00)
- 7-8 Step LF to left side, Step RF behind LF *

*Restart here changing count 8 to a touch

STEP, HOLD, & STEP, HOLD, 1/4 SAILOR TO RIGHT, STEP 1/2

- 1-2& Step LF to left side, hold, step on ball of RF
- 3-4 Step LF to left side, hold
- 5&6 Step RF behind LF, Step LF to side, turn 1/4 to right stepping forward on RF (9:00)
- 7-8 Step forward on LF, Pivot 1/2 to right (3:00)

BUMP HIPS 2X, KICK, BALL, CHANGE, ROCKING CHAIR

- Step forward on LF bumping hips LRL 1&2
- Kick RF forward, Step down on ball of RF, Step in place on LF 3&4
- 5-6 Step forward on RF, Rock back onto LF
- 7-8 Step Back on Rf, Rock Back onto LF

*1 Easy restart -

Wall 3 after 16 counts. Change step 16 to a touch.

Wall 3 starts at 6:00, restart facing 12:00

Hope to see ya on the Dance Floor! Lscott0688@hotmail.com