U Go Gurl

拍數: 32

級數: Beginner

編舞者: John Dembiec (USA) - October 2021

音樂: U Gurl - Walker Hayes

#16 count intro, start on vocals (No tags or restarts)

[1-8] SIDE STEP, DRAG & SHAKE (X2)

- 1-4 Step R to R, Drag L next to R (Shake hips as you drag)
- 5-8 Step L to L, Drag R next to L (Shake hips as you drag)

[9-16] ROCKING CHAIR, STOMPS, HEELS BOUNCES

- 1-4 Rock R forward, Replace to L, Rock R back, Replace, to L
- 5-6 Stomp R forward, Stomp L forward
- 7-8 Bounce both heels twice (Weight to L)

[17-24] KNEE ROLLS (X2)

- 1-4 Touch R toe to R diagonal as you roll knee clockwise twice, R heel down
- 5-8 Touch L toe to L diagonal as you roll knee counter-clockwise twice, L heel down

[25-32] V-STEP, ¾ BOX TURN, STEP

- 1-2 Step R forward to R diagonal, Step L forward to L diagonal
- 3-4 Step R back to center, Step L back to center
- 5-6 Make ¹/₄ turn L stepping R to R (9:00), Make ¹/₄ turn L stepping L to L (6:00)
- 7-8 Make ¼ turn L stepping R to R (3:00), Step L down in place

REPEAT AND HAVE FUN !!!!!!





牆數:4