

U Gurl

拍數: 32 牆數: 4 級數: Improver
編舞者: Ashley Ironside (USA) & Cassie Murphy (USA)
音樂: U Gurl - Walker Hayes



#16 count intro to start at lyrics. 2 restarts on wall 3 and wall 6.

Point, quarter knee pop, rock recover, 1/2 turn sweep L, sweep R, rock recover with a hip bump.

- 1-2 Point RF to the right side, quarter turn pop right knee up
- 3-4 Step RF back pop Left knee up, recover weight on LF
- 5-6 Step weight on RF, 1/2 turn over R shoulder sweeping LF behind RF, sweep RF behind LF
- 7-8 Step RF back, pop L knee up, bump L hip, recover weight on LF

Walk, walk, full turn, 2 hip rolls

- 1-2 Walk forward crossing RF over LF, walk forward crossing LF over RF
- 3-4 Full turn over R shoulder, step RF forward, half turn stepping LF back, 1/2 turn bringing RF next to left foot (shoulder width apart)
- 5,6,7,8 2 slow hip rolls over 4 counts

Restart after first 16 counts on wall 3 and wall 6.

Cross unwind, rock recover, behind side cross and cross, heel grind quarter turn

- 1-2 Jump up crossing RF over LF, 1/2 unwind over L shoulder
- 3&4 Step RF to R side, recover weight on LF, cross RF behind LF
- &5&6 Step LF out to the L side, cross RF over LF, ball cross RF over LF
- 7-8 L heel grind quarter turn to the L

Coaster step, point R, point L, quarter sailor step, body roll

- 1&2 Step LF back, step RF back next to LF, step LF forward.
- 3&4 Point RF to the R side, step RF next to LF, point LF to the L side
- 5&6 Cross LF behind RF turning a quarter turn to the L, step RF to the R side, step LF to the L side.
- 7-8 Body roll

Thank you to Mark Paulino, Natalie Ackerman, and Jamie Parker for your advice.
We really enjoyed making this dance and we hope everyone else enjoys it as well.
