

The Girls and Me (Chair Dance)

COPPERKNOB
STEPSHEETS

拍數: 40 牆數: 1 級數: Beginner / Improver Chair dance
編舞者: The ladies at Gilvenbank Sports Hub Chair Line dance Class - March 2025
音樂: The Boys & Me - Sawyer Brown



INTRO: 32 Counts ...MARCH, R, L,R,L

SECTION 1: 4 TOE STRUTS

- 1-2 Touch right toe forward, Drop right heel
- 3-4 Touch left toe forward, Drop left heel
- 5-6 Touch right toe forward, Drop right heel
- 7-8 Touch left toe forward, Drop left heel

SECTION 2: right and left SUGAR FOOT

- 1-4 Tap right toe to left instep, tap right heel to left instep, step right foot to place, pause
- 5-8 Tap left toe to right instep, tap left heel to right instep, step left foot in place, pause

SECTION 3: CROSS POINTS

- 1-2 Cross point the right foot over left, bring right foot back to place
- 3-4 Cross point the left foot over right, bring left foot back to place
- 5-8 Repeat last four counts

SECTION 4: HOOK (Heel, hook, heel, place)

- 1-2 Tap right heel forward, cross right leg over in front of left knee to form the figure 4
- 3-4 Tap right heel forward, bring right foot back to place
- 5-6 Tap left heel forward, cross left leg in front of right knee to form the figure 4
- 7-8 Tap left heel forward, bring left foot back to place

SECTION 5: RHUMBA BOX

- 1-2 Step right foot to the right, step the left foot beside right
 - 3-4 Step forward on the right, tap the left foot beside right
 - 5-6 Step left foot to left side, step right foot beside left
 - 7-8 Step left foot back, tap right foot beside left
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