

You Go Girl

拍數: 40 牆數: 2 級數: Improver
編舞者: Cathy Montgomery (CAN)
音樂: Katie Wants a Fast One - Steve Wariner & Garth Brooks



TOE HEEL STEP CROSS HOLD, TOE HEEL STEP CROSS HOLD

1-2 Touch right toe to left instep, touch right heel forward
3-4 Step right foot slightly in front of left, hold
5-6 Touch left toe to right instep, touch left heel forward
7-8 Step left foot slightly in front of right, hold

RIGHT TOE HEEL STRUT, LEFT TOE HEEL STRUT, ROCK RIGHT TO RIGHT SIDE, ¼ TURN LEFT

1-2 Touch right toe to side, step right foot in place
3-4 Touch left toe across right foot, step left foot in place
5-6 Rock right foot to side, recover onto left
7-8 Step right foot behind left, turn ¼ turn left and step left foot to side

FOUR TOE HEEL STRUT'S GOING FORWARD STARTING ON RIGHT

1-2 Touch right toe forward, step right foot in place
3-4 Touch left toe forward, step left foot in place
5-8 Repeat steps 1-4

MAMBO FORWARD RIGHT, MAMBO BACK LEFT MAMBO SIDE RIGHT ¼ TURN LEFT, MAMBO SIDE LEFT

1&2 Rock right foot forward, recover to left foot, step right foot beside left
3&4 Rock left foot back, recover to right foot, step left foot beside right
5&6 Rock right foot to side, turn ¼ turn left and step left foot slightly forward, step right foot beside left
7&8 Rock left foot to side, step right foot in place, step left foot beside right

JAZZ BOX WITH TOE HEEL DROPS

1-4 Touch right toe across left, step right foot in place, touch left toe back, step left foot in place
5-8 Touch right toe to side, step right foot in place, touch left toe beside right foot, step left foot in place

REPEAT

TAG

After count 16 of the 6th wall, the music slows down. Instead of doing the following

FOUR 2 COUNT KNEE ROLLS STARTING WITH RIGHT LEG

1-8 Step forward slightly with right foot and roll knee twice to the right, step forward slightly with left foot, and roll knee twice to the left, repeat for 8 counts

Once your knee rolls are complete, begin the dance again. You now face 2 different walls