

For The Girls

拍數: 64 牆數: 4 級數: Intermediate/Advanced
編舞者: Tracy White (AUS) & Julie Hearne (AUS)
音樂: This One's for the Girls - Martina McBride



SWAY, SWAY- STEP, DRAG. SWAY, SWAY - STEP DRAG

- 1-2 Step onto right foot (in place) swaying hips to right, step onto left foot(in place), sway hips to left
3-4 Step right forward, drag left towards right
5-6 Step onto left foot (in place) swaying hips to left, step onto right foot (in place), sway hips to right
7-8 Step left foot forward, drag right towards left (weight on left foot)

STEP FORWARD, ½ PIVOT, TOE-STRUT, ROCK FORWARD, ¼ RIGHT, ROCK BACK, REPLACE

- 1-4 Step right forward, pivot ½ turn to left, taking weight onto left foot, toe strut forward on right (toe-heel)
5-6 Rock-step left over right on right diagonal, replace on right with ¼ turn to left
7-8 Rock-step back onto left replace on right

STEP ½ PIVOT, FULL TURN, STEP BACK, DRAG, STEP BACK, DRAG

- 1-2 Step left forward, pivot ½ turn to right taking weight onto right
3&4 Full right turn (left, right, left) traveling forward
5-6 Step back to right diagonal, drag left to right
7-8 Step back to left diagonal, drag right to left

½ TURN, SHUFFLE, ROCK FORWARD, REPLACE, ROCK BACK, STEP RIGHT, REPLACE, ¾ TOE TURN RIGHT

- 1&2 ½ turn to right (weight on left), shuffle forward right, left, right
3-4 Rock forward on left, replace back on right
5&6 Rock back on left, small step to right side, replace on to left
7-8 Right toe behind ¾ turn right (take weight onto right)

½ TOE TURN RIGHT, STEP, BEHIND, STEP ¼ RIGHT, STEP ½ RIGHT, KICK, COASTER

- 1-2 Left toe in front ½ turn (continuing turn in right direction)
3-4 Step right to side, step left behind
&5-6 Step right with ¼ turn to right, left in front, ½ turn right taking weight onto the left foot kick, right foot forward
7&8 Right coaster backwards (step right back, left beside, right forward)

STEP, LUNGE, STEP BACK ¼ LEFT, SIDE POINT, TAP, TAP, SIDE, HEEL, HOOK, STEP, ROCK BACK, ½ LEFT, STEP

- &1-2 Step left beside right, lunge forward onto right, step back on left with ¼ turn to left leaving right leg extended to right side
3&4 Tap right toe next to left foot twice and return to extended position to right side
5&6 Heel at right 45, brush up, step forward onto right
7&8 Rock forward onto left, replace on right with ½ turn left, stepping onto left

ROCK, REPLACE, STEP DIAGONAL RIGHT, STEP DIAGONAL LEFT, ¼ LEFT, STEP RIGHT, LEFT BEHIND

- 1&2 Rock back on right diagonal, replace weight on left, bring right toe next to left foot, weight on left

- 3-4 Step right foot forward to right diagonal, place left toe beside right foot with left knee bent, facing right diagonal
- 5-6 Step left foot forward to left diagonal, place right toe beside left foot with right knee bent, facing left diagonal
- 7-8 Turn 45 degrees left, step right to side, step left behind (now directly facing the side wall)

STEP RIGHT, ¼ LEFT, STEP LEFT, STEP RIGHT, ROCK BACK, ¼ RIGHT, FULL TURN RIGHT, STEP BACK, DRAG

- &1-2 Step right beside left, ¼ turn left, step forward left, step forward right
- 3-4 Rock back onto left, step right to side with ¼ turn to right
- 5-6 Full turn right on right foot, taking weight onto left (at end of turn)
- 7-8 Step back on right, drag left to right taking weight onto left

REPEAT

TAG

After wall 3

- 1-2 Step back on right turning 45 degrees to right
- 3-4 ¼ turn to left, step back on left
- 5-6 ¼ turn to left, step back on right
- 7-8 Turn 45 degrees to left, step back on left

- 1-4 Rock back onto right, replace on left, toe strut forward on right
- 5&6 Stamp heel twice, full turn right on right foot and replace weight onto left at end of turn
- 7-8 Step forward on right, full turn on right and replace weight on left foot at end of turn

TAG

After wall 5

- 1-2 Step back on right turning 45 degrees to right
- 3-4 ¼ turn to left, step back on left
- 5-6 ¼ turn to left, step back on right
- 7-8 45 Degrees turn to left, step back on left

- 1-4 Rock back onto right, replace on left, toe strut forward on right
- 5&6 Stamp heel twice, full turn right on right foot and replace weight onto left at end of turn
- 7-8 Step forward on right, full turn on right and replace weight on left foot at end of turn

- &1-2 Syncopated step on right, rock forward on left, replace back on right
- 3&4 Lock step back (left, right, left) on diagonal
- 5-6 Right Monterey ½ turn
- 7-8 Left samba (step left to left side, replace on right center, step left across right) moving forward

- 1-2 Step back on right turning 45 degrees to right
- 3-4 ¼ turn to left, step back on left
- 5-6 ¼ turn to left, step back on right
- 7-8 Turn 45 degrees to left, step back on left

ENDING

To finish complete 34 counts of dance, step right foot to side and drag left to right
