An Emotional Girl



拍數: 42 牆數: 4 級數: Advanced

編舞者: Heidi Leigep-Brown (AUS) 音樂: Emotional Girl - Terri Clark



SHUFFLE, ROCK, SHUFFLE

1&2 Step right foot forward, step left foot next to right, step right foot forward

3-4 Step forward on left foot, rock back on right

5&6 Step left foot back, step right foot next to left, step left foot back

THREE TURNING CHA-CHA'S TRAVELING RIGHT

Turn ½ turn to the right and step right, step left next to right, step right in place

Turn ½ turn to the left and step left, step right next to left, step left in place

5&6 Turn ½ turn to the right and step right, step left next to right, step right in place (6:00))

PIVOT, SHUFFLE, STOMP, CLAP

1-2 Step left foot forward, pivot ½ turn to the right

3&4 Step left foot forward, step right foot next to left, step left foot forward

5-6 Stomp right foot next to left, clap

SIDE CROSS SHUFFLE, SIDE ROCK, SIDE CROSS SHUFFLE

1&2 Step right foot across and in front of left, step left foot to left side, step right foot across and in

front of left foot

3-4 Step left foot to left side and rock on left, rock right to right side

5&6 Step left foot across and in front of right foot, step right foot to right side, step left foot across

and in front of right foot

CROSS, TAP, 1/4 TURN, 1/4 TURN, BALL CHANGE.

1-2 Jump right foot across and in front of left foot while lifting left foot off the floor, tap left toe

behind right foot while tipping front of hat slightly forward with right hand

3-4 Step left foot ¼ turn left, step right foot ¼ turn left

5&6 Step left foot backwards ¼ turn (6:00), jump on right ball of foot next to left foot while lifting

left foot slightly off floor, step down on left foot

3/4 TURN TO THE LEFT TURN, HIP BUMPS, JUMP-INS

Step forward on right foot, hitch left leg and turn ¾ turns to the left
 Step left foot left side while bumping hip to left, hip bump right
 Hip bump left, jump right foot into neutral, jump left foot into neutral

HEEL STRUT, 45 DEGREE JUMPS TURNING ½ TURN TO THE LEFT

1-2 Step forward on right heel, step right toe down

3&4 Tap left heel forward at 45 degrees, turn ½ turn to the left and jump left to neutral, tap right

toe back

Turn 1/8 to the left and jump right to neutral, jump left heel forward turn 1/8 to the left and jump left to neutral, jump right toe back

REPEAT

If the second section of the dance proves too difficult the alternative is as below:

TURN, SHUFFLE, SHUFFLE, TURN, CHA-CHA-CHA

1&2	Step right foot ¼ turn, step left foot next to right, step right foot forward
3&4	Step left foot forward, step right foot next to right, step left foot forward
5&6	Step right foot 1/4 turn right, step left foot next to right, step right in place

Dance ends on the first section of the dance as follows

1&2	Step right foot forward, step left foot next to right, step right foot forward
3-4	Step forward on left foot, rock back on right
5&6	Step left foot back, step right foot next to left, step left foot back

7-8 Step right foot ½ turn right, stomp left next to right