

About A Girl

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - November 2009
音樂: About a Girl - Sugababes : (Single)



Starts After 48 Counts.

Side, Touch, Side, Behind & Rock Step, 1/4, Step.

- 1-3 Step Left to Left side, touch Right next to Left, step Right to Right side.
- 4&5 Cross step Left behind Right, step Right to Right side, cross rock Left over Right.
- 6-8 Recover on Right, make 1/4 turn Left stepping forward Left, step forward Right.

Side, Hold, In In, Heel, Grind, Coaster Step, Step.

- 1-2 Step Left to Left side, Hold.
- &3 Step Right to centre, step Left next to Right.
- 4-5 Step Right heel forward, grind Right heel to Right as you recover weight to Left.
- 6&7 Step back on Right, step Left next to Right, step forward on Right.
- 8 Step forward on Left.

1/2 Pivot, Step, 1/2, 1/4, Jazz Box.

- 1-2 Pivot 1/2 turn to Right, step forward on Left.
- 3-4 Make 1/2 turn to Left stepping back on Right, 1/4 turn to Left stepping Left to Left side.
- 5-6 Cross step Right over Left, step back on Left.
- 7-8 Step Right to Right side, cross step Left over Right.

1/4 Turn, Hold, Ball 1/4 Turn, Hold, Ball Step, Step, 1/4, Cross.

- 1-2 Make 1/4 turn Right stepping forward on Right, Hold.
- &3-4 Step Left next to Right, make 1/4 turn to Right stepping forward on Right, Hold.
- &5-6 Step Left next to Right, step forward on Right, step forward on Left.
- 7-8 Pivot 1/4 turn to Right, cross step Left over Right. ****R2****

1/4, 1/4, Rock Step, Side, Cross, 1/4, 1/4 Rock.

- 1-2 Make 1/4 turn to Left stepping back on Right, 1/4 turn to Left stepping Left to Left side.
- 3-4 Cross rock Right over Left, recover on Left.
- 5-6 Step Right to Right side, cross step Left over Right.
- 7-8 Make 1/4 turn to Left stepping back on Right, 1/4 turn to Left rocking Left to Left side.

Recover, Sailor 1/4 , Mambo Step, Touch, 1/2, Stomp.

- 1 Recover on Right.
- 2&3 Make 1/4 turn to Left crossing Left behind Right, step Right next to Left, step forward on Left.
- 4&5 Rock forward on Right, recover on Left, step back on Right.
- 6-8 Touch Left toe back, unwind 1/2 turn to Left taking weight on Left, Stomp Right next To Left.
R

Side Rock & Point, 1/4 , Rock Step, Back, Back.

- 1-2 Rock to Left side on Left, recover on Right.
- &3-4 Step Left next to Right, point Right to Right side, make 1/4 turn Right stepping Right next to Left.
- 5-6 Rock forward on Left, recover on Right.
- 7-8 Walk back Left-Right.

Side Rock & Point, 1/4 , Rock Step, Back, 1/2.

- 1-3 Rock to Left side on Left, recover on Right.

&3-4 Step Left next to Right, point Right to Right side, make 1/4 turn Right stepping Right next to Left.
5-6 Rock forward on Left, recover on Right
7-8 Step back on Left, make 1/2 turn to Right stepping forward on Right.

***R* Restart.. Walls 1 & 3**

Dance Up To & Including Count 48 Then Restart Dance From Count 1.

****R2** Restart 2.. Wall 6**

Dance Up To & Including Count 5 (29) in Section 4 Then...

6-8 Rock forward on Left, recover on Right, touch Left next to Right.. Then Restart from Count 1

(amended 22/11/09)
