



Girls Night Out

Koreografert av Cato Larsen (Juni 2003)

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Beskrivelse: 64 Takter, 2 Wall Line Dance

Nivå: Nybegynner/Novice

Musikk: Girls Night Out – Gina Jeffrey

CD:

BPM: 178

1 – 8 Stomp, Stomp, Kick, Kick, Stomp, Stomp, Clap, Hold.

1 – 4 Stomp right foot forward (1), Stomp left next to right (2), Kick right foot forward twice (3,4).

5 – 8 Stomp back on right foot (5), Stomp left foot next to right (6), Clap your hands (7), Hold (8).

9 – 16 Stomp, Stomp, Kick, Kick, Stomp, Stomp, Clap, Hold.

1 – 4 Stomp right foot forward (1), Stomp left next to right (2), Kick right foot forward twice (3,4).

5 – 8 Stomp back on right foot (5), Stomp left foot next to right (6), Clap your hands (7), Hold (8).

17 – 24 Jazz Steps with 1/4 turn.

1 – 4 Step right across left (1), Step back on left (2), Turn 1/4 turn right Stepping forward on right (3), Hold.

5 – 8 Step left across right (5), Step back on right (6), Step left to left side (7), Hold (8).

25 – 32 Jazz Steps with 1/4 turn.

1 – 4 Step right across left (1), Step back on left (2), Turn 1/4 turn right Stepping forward on right (3), Hold.

5 – 8 Step left across right (5), Step back on right (6), Step left to left side (7), Hold (8).

33 – 40 Turn & Point, Hold, Step, Hold, Turn & Point, Hold, Cross, Hold.

1 – 2 Pivot 1/2 turn over left Shoulder and Point right toe to right side (12:00) (1), Hold (2).

3 – 4 Step down on right foot (Drop right heel) (3), Hold (4).

5 – 6 Pivot 1/2 turn over right Shoulder and Point left toe to left side (6:00) (5), Hold (6).

7 – 8 Cross left over right (7), Hold (8).

41 – 48 Point, Hold, Step, Hold, Turn & Point, Hold, Together, Hold.

1 – 2 Point right toe to right side (1), Hold (2).

3 – 4 Step down on right foot (Drop right heel) (3), Hold (4).

5 – 6 Pivot 1/2 turn over right Shoulder and Point left toe to left side (12:00) (5), Hold (6).

7 – 8 Step left next to right (7), Hold (8).

49 – 56 Vine right with 1/2 turn & Hitch, Vine left with Hitch.

1 – 2 Step right to right side (1), Cross left behind right (2).

3 – 4 Step right to right side (3), Pivot 1/2 turn right Hitching left knee (4).

5 – 8 Step left to left side (5), Cross right behind left (6), Step left to left side (7), Hitch right knee (8).

57 – 64 Walk forward, Hold, Stomp left side, Hold.

1 – 4 Step forward on right (1), Step forward on left (2), Step forward on right (3), Hold (4).

5 – 8 Stomp left foot to left side (5), Hold for three counts (6,7,8).

Note:

There is a restart during the 7th wall.

Dance the first 16 counts of the dance, and start the dance over again.

(You will be dancing the first 8 counts four times!).

START AGAIN ~ SMILE