

Girlfriends Kick Ass

32 count, 2 wall, intermediate level

Choreographer: Kathy Heller (USA) March 2005
Choreographed to: Girlfriends by Jamie O'Neal from
Brave Album (93bpm)

Intro: 28 counts (start 4 counts after she says "we're gonna show 'em how its done")

1-8 TOE, HEEL STOMPS, MONTEREY, STEP FORWARD, HALF TURN

- 1&2 Touch right toe next to left (1), touch right heel next to left (&), step forward on right (2)
3&4 Touch left toe next to right (3), touch left heel next to right (&), step forward on left (4)
5-6 Touch right toe to side right (5), make half turn to right stepping right next to left (6)
7&8 Step forward on left (7), pivot half turn to right (&), step slightly forward on left (8) (12 o'clock)

9-16 SIDE ROCK CROSS, SYNCOPATED VINE LEFT W/QUARTER TURN, HALF TURN LEFT, FORWARD SHUFFLE

- 1&2 Rock right to side right (1), return weight to left (&), cross right over left (2)
3&4 Step left to side left (3), right behind left (&), step left one quarter turn forward (4) (9 o'clock)
5&6 Step forward on right (5), pivot half turn left (&), step forward on right (6) (3 o'clock)
7&8 Shuffle forward LRL (3 o'clock)

17-25 FULL TURN MONTEREY, SIDE MAMBO, FORWARD SHUFFLE, QUARTER TURN

- 1-2 Touch right to side right (1), make full turn to right stepping right next to left (2)
(easy alternative: touch right to side right, step right next to left without turning)
3&4 Rock left to left side (3), return weight on right (&), step left next to right (4)
5&6 Shuffle forward RLR
7-8 Step forward on left (7), pivot quarter to right (8) (6 o'clock)

26-32 CROSS SHUFFLE, ROCK & KICK, COASTER, PUSH STEPS

- 1&2 Cross shuffle left over right
3&4 Rock right to side right (3), replace weight on left (&), kick right forward (4)
5&6 Coaster step, stepping back on right (5), step left next to right (&), step forward on right (6)
7&8 Keeping weight mostly on right, do a push step on left to side left (7), full weight return on right (&), return weight fully on left to side left (8) (6 o'clock)

The following tag will be done one time after wall 2 for a total of 8 counts, twice after wall 4 for a total of 16 counts. It will be done to the front wall both times right after the lyrics say "girlfriends kick ass". This enables you to be kicking your right leg at the same time with the lyrics. Girls – give it ATTITUDE!!!

TAG

- 1&2 Touch right toe next to left (1), touch right heel next to left (&), step forward on right (2)
3&4 Rock forward on left (3), return weight on right (&), step back on left (4)
5&6 Coaster step, stepping back on right (5), step left next to right (&), step forward on right (6)
7&8 Shuffle forward L, R, L

ENJOY!