

Hey Bruce...

BEGINNER

48 Count 1 Walls

Choreographed by: Michael Barr
Choreographed to: My Girl by Alabama**BACK-FORWARD, FORWARD, 1/2 TURN RIGHT, TOUCH-STEP, TOUCH, STEP, TOUCH****/The step-touches in counts 4-10 progress towards back wall with body and feet turning to right & left diagonals**

- & 1 - 2 Rock back on ball of left, return onto right stepping forward, step left forward
3 - 4 Turn 1/2 right on ball of left stepping right in place, touch left toe forward towards right diagonal
5 - 6 Step onto left in place of previous touch (face center), touch right toe forward on diagonal left
7 - 8 Step onto right in place of previous touch (face center), touch left toe forward on diagonal right

STEP, TOUCH, COASTER STEP-FORWARD 1/2 PIVOT, SHUFFLE FORWARD (LEFT-RIGHT-LEFT)

- 9 - 10 Step onto left in place of previous touch (face center), touch right toe forward on diagonal left
11 & 12 (coaster) step right back, step left next to right, step right forward
13 - 14 Step left forward into 1/2 pivot turn to the right, shift weight forward onto right (face starting wall)
15 & 16 (shuffle forward) step left forward, step ball of right next to left, step left forward

FULL TURN, FORWARD, SIDE-CLOSE-CROSS-SIDE, CROSS, 1/4-1/4-SIDE

- 17 - 18 Step onto ball of right and execute full turn to the left (lift left just slightly off floor), step left forward
& 19 - 20 Step ball of right side right & forward, close left next to right, cross step right in front of left
21 - 22 Step left side left, cross step right behind left
& 23 - 24 Step left forward into 1/4 turn left, step right forward into 1/4 turn left, step left side left

CROSS, SIDE, CROSS-1/4-1/4-SIDE, CROSS, STEP SIDE, RETURN

- 25 - 26 Cross step right over left, step left side left
& 27 - 28 Cross step ball of right behind left, step left forward into 1/4 turn left, step right forward into 1/4 turn left
29 - 30 Step left side left with body facing left diagonal, cross step right over left with body facing left diagonal
31 - 32 Step left side left with body facing left diagonal, return weight onto right in place and lift left heel off the floor (body is now centered)

LEFT HEEL TAPS (4 TIMES)-RIGHT HEEL TAPS (4 TIMES)

- 33 - 36 With ball of left down, tap left heel down 4 times (keeping weight right slowly turn body towards the left diagonal changing weight to the left & lifting right heel off floor on count 4)
37 - 40 With ball of right down tap right heel down 4 times (keeping weight left slowly turn body towards the right diagonal changing weight to the right & lifting left heel off the floor on count 4)

HEEL TAP, HEEL TAP, BACK-STEP, 1/4 TURN LEFT, STEP (REPEAT FROM ROCK-STEP

- 41 Shift weight left tapping left heel down (body facing left diagonal with right heel off floor)
42 Shift weight right tapping right heel down (body facing right diagonal with left heel off floor)
& 43 Rock back onto ball of left lifting right off floor, step onto ball of right slightly forward of left
44 - 45 Step left forward into 1/4 turn left, step right next to left
& 46 Rock back onto ball of left, return onto ball of right stepping slightly forward of left
47 - 48 Step left forward into 1/4 turn left, step right next to left

REPEAT**STYLING**

/There are some special hand/arm movements in counts 4-10. On coming out of the 1/2 pivot (count 3), the man will take his right hand and comb his fingers through his hair on the right side for count 4. As the right hand does the combing, the left arm/hand will rise up straight in front of you (parallel to the floor, palm down) flexing the fingers as the music reaches the end of count 4. To prepare for the combing, start to bring the hand up on count 3 ready to comb on count 4. The man will then drop his hands for count 5 switching sides to comb hair with the left and rising and flexing the right on count 6. Repeat on counts 7-8 and 9-10. The lady will use her right hand with closed fingers to run the palm over her head (don't mess the hairdo) on count 4 (remember to prepare on count 3). As the right hand/palm goes over the head, the left arm/hand will rise up straight in front of you (parallel to the floor, palms down) flexing the fingers as you reach the end of count 4. Remember these are optional. You have 7 counts to play with, so please do what feels good to you. Maybe you might just snap your fingers.