

My, My, My

32 count, 4 wall, intermediate level

Choreographer: Avril James (UK) June 0204

Choreographed to: My Gal by J.J.Cale (90 bpm); The Restless Kind by Travis Tritt (100 bpm)

For My Gal start the dance on the 3rd beat into the vocals on the word " like,

Section 1 Walk forward R,L, ¼ turn left with hip bumps, ¼ turn right, walk forward R,L, ¼ turn left, hip bumps

- 1-2 Walk forward Right, Left,
3 & 4 Making a ¼ turn left, step Right foot to right side and bump hips R. L. R L. ending with weight on Left foot
5-6 Making a 1/4 turn right walk forward Right, Left.
7 & 8 & Making a ¼ turn left, step right foot to right side and bump hips R,L,R,L ending with weight on Left foot.

Section 2 ¼ turn right stepping forward on R, L and pivot 3/4 turn right, Step L to side, step R behind L, step L to side making ¼ turn left, step forward R, toe touches, kick, step together.

- 1 Making a 1/4 turn right step forward on Right
2 & 3 Step forward on Left, pivot ¼ turn on Right, Step Left to left side. (facing 9 o'clock)
4 Step right behind Left.
5& Left to left side making a 1/4 turn left. Step forward on Right
6 & Point Left toe forward and hold for a beat
7 & With a quick sweep back, step Left foot behind Right. Touch Right toe to left side of Left foot.
8 Kick Right foot forward, step right next to left

Section 3 Toe touches L. R. L, ¼ turn left, toe touch, forward shuffle, Rock steps

- 1 & Touch Left toe out to left side. Step Left next to Right.
2-3 Touch Right toe out to right side and hold,
& 4 & Touch Right toe next to Left foot. Making a 1/4 turn left step back onto Right.
Touch left toe next to right side of Right foot.
5 & 6 Shuffle forward stepping L,R,L
7 & 8 Rock forward on Right. Rock back on Left, step Right next to Left ending with feet shoulder width apart. (facing 3 o'clock)

Section 4 Hip bumps, step forward with ¼ turn right, pivot 1/2 turn right, ¼ paddle turn left.

- 1 & 2 & Bump hips Left, right, Left, hold.
3 & Bump hips Right, Left
4 Making a 1/4 turn right step forward onto Right.
5& 6 Step forward on Left. Pivot 1/2 turn right. Step forward on Left.
7 & 8 3/4 paddle turn left stepping forward on Right swivel 1/2 turn, Step forward on Right, Swivel 1/4 turn ending with weight on Left foot.

Should now be facing 3 o'clock ready to START AGAIN!