

MY GIRL

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Music: "My Girl" CD: "Dancin' On The Boulevard" Track 5
Artist: Alabama **Speed:** As recorded (3:08)
Availability: Download from i-Tunes
Rhythm: Cha Cha Phase III + 2 [Alemana, Fwd & Bk Triple Cha]
Footwork: Directions for man, woman opposite except where noted. **Date:** Feb. 2015
Sequence: INTRO A B C A B(9-16) END

INTRO

1-4 **WAIT;; TRAV DR 2x;;**
BFLY WALL Wait;; Rk sd L, rec R, XLif/sd R, XLif; Rk sd R, rec L, XRif/sd L, XRif;

PART A

1-4 **BAS;; ALEMANA;;**
Fwd L, rec R, sd L/cl R, sd L; Bk R, rec L, sd R/cl L, sd R; Fwd L, rec R, sd L/cl R, sd L;
Bk R, rec L, sd R/cl L, sd R (W Fwd L trn, fwd R trn, sd L/cl R, sd L) BFLY WALL;

5-8 **LARIAT;; SHLDR-SHLDR; SPT TRN;**
In plc Stp L, stp R, stp L/stp R, stp L; Stp R, stp L, stp R/stp L, stp R;
(W Fwd R, fwd L, fwd R/cl L, fwd R; Fwd L, fwd R, fwd L/cl R, fwd L;) BFLY WALL
Rk fwd L, rec R, sd L/cl R, sd L; XRif trn, rec L trn, sd R/cl L, sd R;

9-12 **BRK BK OP FWD TRPL CH;; RK FWD REC BK TRPL CH;;**
Swvl bk L, rec R, fwd L/lk R, fwd L; Fwd R/lk L, fwd R, fwd L/lk R, fwd L;
Rk fwd R, rec L, bk R/lk L, bk R; Bk L/lk R, bk L, bk R/lk L, bk R OP LOD;

13-16 **RK BK REC CHA TO FC; CUCA; TIM STP 2X;;**
Rk bk L, rec R, sd L/cl R, sd L BFLY WALL; Sd R, rec L, cl R/stp L, stp R;
XLib, rec R, sd L/cl R, sd L; XRib, rec L, sd R/cl L, sd R;

PART B

1-4 **NY; CRB WLKS;; FNC LINE;**

Thru L, rec R to fc, sd L/cl R, sd L; XRif, sd L, XRif/sd L, XRif; Sd L, XRif, sd L/cl R, sd L;
X lun R, rec L, sd R/cl L, sd R;

5-8 **CRB WLKS;; SPT TRN; CUCA;**

XLif, sd R, XLif/sd R, XLif; Sd R, XLif, sd R/cl L, sd R; XLif trn, rec R trn, sd L/cl R, sd L;
BFLY WALL Repeat meas 14 PART A;

9-12 **NY; UNDRM TRN; LARIAT;;**

Repeat meas 1 PART B; XRib, rec L, sd R/cl L, sd R (W XLif trn, rec R trn, sd L/cl R, sd L);
BFLY WALL Repeat meas 5-6 PART A;;

13-16 **SHLDR-SHLDR 2X;; HND-HND 2X;;**

Rk fwd L, rec R, sd L/cl R, sd L; Rk fwd R, rec L, sd R/cl L, sd R; Swvl bk L, rec R to fc,
sd L/cl R, sd L; Swvl bk R, rec L to fc, sd R/cl L, sd R;

PART C

1-4 **BRK BK OP; X CHK REC BK CHA; SLD DR; RK APT REC FWD CHA;**

Swvl bk L, rec R, fwd L/lk R, fwd L OP LOD; XRif, rec L, bk R/cl L, bk R;
Rk apt L, rec R, XLif/sd R, XLif; Rk apt R, rec L, fwd R/cl L, fwd R LOP LOD;

5-8 **WK TRN IN BK CHA; RK BK REC FWD CHA; SLD DR; RK APT REC CHA FC;**

Fwd L, fwd R trn, bk L/cl R, bk L OP RLOD; Rk bk R, rec L, fwd R/cl L, fwd R;
Repeat meas 3 PART C; Rk apt R, rec L, sd R/cl L, sd R BFLY WALL;

9-12 **CHS;;;;**

Fwd L trn, rec R, fwd L/cl R, fwd L; Fwd R trn, rec L, fwd R/cl L, fwd R; Fwd L, rec R,
Bk L/cl R, bk L; Bk R, rec L, fwd R/cl L, fwd R; (W Bk R, rec L, fwd R/cl L, fwd R;
Fwd L trn, rec R, fwd L/cl R, fwd L; Fwd R trn, rec L, fwd R/cl L, fwd R; Fwd L, rec R,
Bk L/cl R, bk L;) BFLY WALL

END

1-3 **TRAV DR 2X;; APT PT;**

Repeat meas 2-4 INTRO;; Apt L,-, pt R,-;