My Girls

Count: 32 **Wall:** 4 **Level:** Beginner
Choreographer: Amy Walton (UK) - October 2025
Music: My Girls (love me better) - Harleymoon Kemp

1 restart on wall 4. Dance starts after the first 16 counts

Right Grapevine, Rolling Left Grapevine

1-2-3-4	Step Right foot out to the side, Step Left foot behind Right, Step Right Foot out to the side, Touch Left Foot
5-6-7-8	Step Left Foot out to the side and begin turning over Left Shoulder 1/4, Step Right Foot Forward ½ turn, Step Left Foot Back ¼ turn, Right Foot Touch.

Heel Switches, hooks with Claps

1-2-3-4	Point Right Heel Forward, Switch, Point Left Heel Forward, Switch, Point Right Heel Hook Right knee and two claps, return heel.
5-6-7-8	Point Left Heel Forward, Switch, Point Right Heel Forward, Switch, Point Left Heel Hook Left Knee and two claps, return Heel.

Lock Step with Hitch and Shuffle Forward

1-2-3-4	Step Forward on Left Foot, Lock Right Foot behind as you do Hitch Left Knee, Shuffle Forward Left, Right, Left
5-6-7-8	Step Forward on Right Foot, Lock Left Foot behind as you do Hitch Right Knee, Shuffle Forward Right, Left, Right

Pivot turn, Forward Shuffle, Step Turn, Step Turn, Rock and Recover

1-2-3-4	Step Forward Left Pivot ½ turn over your Right Shoulder, Shuffle forward Left, Right, Left
5-6-7-8	Step Forward Right ¼ turn over left, step Left ½ turn over left, Step Right ¼ Turn over left, Rock onto Right, Recover on Left.

Start Over.

Restart on Wall 4 after first 16 counts