

# Natural Woman

Count: 48

Wand: 4

Ebene: Improver

Choreograf/in: Rey Kleinsasser (USA)

Musik: Natural Woman - Aretha Franklin



## LEFT TWINKLE, CROSS, SIDE, DRAG

1-3 Left step across in front; right ball step out to side; left step out to side

4-6 Right step across in front; left step out to side; right drag toward left, leaving weight on left

Option: shimmy on 5&6& on walls 2 and 4

## RIGHT TWINKLE, CROSS, SIDE, DRAG

1-3 Right step across in front; left ball step out to side; right step out to side

4-6 Left step across in front; right step out to side; left drag toward right, leaving weight on right

Option: shimmy on 5&6& on walls 2 and 4

## LEFT, RIGHT "MAMBO"

1-3 Left step forward; rock back to right; left step together

4-6 Right step forward; rock back to left; right step together

## LEFT, RIGHT "SAILOR"

1-3 Left step across in back(swing out as you step); right step out to side; left step together

4-6 Right step across in back(swing out as you step), left step out to side; right step together

## STEP, QUARTER, HOLD, DIAGONAL, ROCK, ROCK

1-3 Left step forward; pivot  $\frac{1}{4}$  right turn; hold

4-6 Left step diagonal forward; rock back to right; rock forward to left(now facing 3:00 wall)

## STEP, HALF, HOLD, DIAGONAL, ROCK, ROCK

1-3 Right step forward; pivot  $\frac{1}{2}$  left turn; hold

4-6 Right step diagonal forward; rock back to left; rock forward to right(now facing 9:00 wall)

## SEMICIRCLE WALK

1-2 Left step forward into  $\frac{1}{12}$  turn(30 degrees); right step forward into  $\frac{1}{12}$  turn

3-6 Repeat 1-2 twice(now facing 3:00 wall). You may make 1 and 4 larger steps if you wish

## DIAGONAL, RONDE, TOUCH, SIDE, DRAG

1-3 Left step diagonal forward; right sweep to the left, slightly raised; right touch together

4-6 Right big step out to side; left drag to right for two counts(weight remains on right)

Option: shimmy on 4&a5&a6&a on wall 5 (1/3 beat shimmies are preferred here due to "magic" rhythm of the song). This comes just before the tag if you are using Celine Dion's version

## REPEAT

## TAG

If you are using Celine Dion's version, at the end of the 5th wall:

1-3 Left stomp(down) into  $\frac{1}{4}$  left turn; hold; right step together

4-6 Repeat 1-3

7-9 Left stomp diagonal forward; right sweep to the left, slightly raised; right touch together

10-11&-a-12 Right step out to side; hold; (&) hold; (a) left step together; right step out to side

The syncopations here, 11&a12, are preferred in 1/3 beat due to the "magic" rhythm of the song. This is a modification of the last 12 counts of the dance.

## TAG

If you are using "Sweet Cherry Wine", no tag is required, but three 3-count tags are preferred. Insert this three times: before count 1 of wall 4, before count 13 of wall 5, and before count 1 of wall 6

1-3                    Step left forward, hold, rock back to right

---