

Woman

Count: 32

Wall: 4

Level: Improver

Choreographer: Annette Lapp (DK) - October 2016

Music: Woman - Los Cafres : (Album: Woman - John Lennon - iTunes)



Intro: 16 count

Mambo Forward, Shuffle Back, Coaster Step, Shuffle ¼ Turn Left

- 1 & 2 Step right forward, Step back on left, step right beside left
- 3 & 4 Step left back, step right beside left, step left back
- 5 & 6 Step right back, Step left beside right, step right forward
- 7 & 8 Step ¼ left, stepping left to left side, step right beside left, step left to left side

Walk, Walk, Heel Switches, Point, Point, Rock Recover

- 1 – 2 Walk forward on right, walk forward on left
- 3 & 4 & Touch right heel forward, step right beside left, touch left heel forward, step left beside right
- 5 & 6 & Point right to right, right beside left, point left to left, left beside right
- 7 - 8 Rock right forward, recover onto left

Side Together, Scissor Step, Step Turn Step, Shuffle Forward Right

- 1 – 2 Step right to right side, step left beside right
- 3 & 4 Step right to right side, step left beside right, cross right over left
- 5 & 6 Step left forward, ½ turn right stepping right forward, step left forward
- * Restart on wall 2 (06.00) and 5 (09.00)
- 7 & 8 Step right forward, step left beside right, step right forward

Side, Together Cross x 2, Long Step Left, Kick Ball Change

- 1 & 2 Step left to left, step right beside left, cross left over right
- 3 & 4 Step right to right, step left beside right, cross right over left
- 5 – 6 A Long step to left, slide right beside left * restart on wall 7 (03.00)
- 7 & 8 Kick right forward, step on ball right beside left, change weight to left in place

Restarts:

On wall 2 and 5 after 22 count

On wall 7 after 30 count

Contact: annette.lapp@skolekom.dk