

# The Woman Before Me

**COPPER** **KNOB**  
BY SHEETS

**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Kirsteen Currie (UK) - March 2019

**Music:** The Woman before Me - Trisha Yearwood



## Intro: 8 counts

### Walk, Walk, step 1/4 turn left, cross, full turn right, step, rock back, rec, step side

- 1-2 Walk forward right, Walk forward left  
3&4 Step right forward, 1/4 turn left, cross right over left  
5&6 1/4 turn right stepping back on left, 1/2 turn right stepping forward on right, 1/4 turn right stepping left to left

#### (Easy option: Side shuffle left)

- &7 Step right next to left, step left to left side  
8&1 Rock back right, recover on left, large step to right

### Behind, side, cross, 1/4, 1/4, cross rock, rec, side, cross, full turn left

- 2&3 Step left behind right, step right to right side, cross left over right  
&4 1/4 turn left stepping back on right, 1/4 turn left stepping left to left side  
5-6 Cross rock right over left, recover on right  
&7 Step right to right side, cross left over right  
8&1 1/4 turn left stepping back on right, 1/2 turn left stepping forward on left, 1/4 left stepping right to right side

#### (Easy option: side shuffle right)

### Sailor 1/4 turn, and step, mambo 1/2 turn right, 1/2 turn right sweep, behind, side, cross

- 2&3 Cross left behind right making 1/4 turn left, step right beside left, step forward on left  
&4 Step right next to left, step forward left  
5&6 Forward rock on right, recover on left, 1/2 turn right stepping forward on right  
7 1/2 turn right stepping back on left, sweeping right  
8&1 Step right behind left, step left to left side, cross right over left

### Swivel 1/2 turn left, swivel 1/2 turn right with sweep, rock back, rec, step side, rock back, rec, 3/4 spiral turn right

- 2-3 Swivel 1/2 turn left, swivel 1/2 turn right sweeping right  
4&5 Rock back on right, recover on left, large step to right  
6&7 Rock back on left, recover on right, 3/4 turn right stepping back on left, hooking right in front of left  
8& Step forward on right, step left next to right

#### Tag/Restart:

**On wall 5 dance up to section 4 count 4& (Rock back right, rec) and add**

- 1-2 sway right, sway left (taking weight on left)

**Then Restart the dance**