

Kansas City Woman

Compte: 48

Mur: 4

Niveau: Intermediate



Chorégraphe: Helen Woods (USA) - July 2015

Musique: Woman In Kansas City - Jackie Payne Steve Edmonson Band : (CD: Master of the Game / iTunes and Amazon)

#48 count intro

S1: PRISSY WALK (2 STEPS), TRIPLE STEP, PRISSY WALK (2 STEPS), TRIPLE STEP

- 1-2 Prissy step right forward (your style), prissy step left forward
3&4 Step right forward, step left instep beside right heel, step right forward
5-6 Prissy step left forward, prissy step right forward
7&8 Step left forward, step right instep beside left heel, step left forward

S2: ROCK FORWARD, RECOVER, TRIPLE HALF TURN, TRIPLE HALF TURN, COASTER STEP

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

S3: SIDE TRIPLE, ROCK BACK, RECOVER, THREE STEP TURN, CROSS

- 1&2 Step left to side, step right beside left, step left to side
3-4 Rock right back, recover to left
5-7 Turn ¼ right stepping right forward, turn ½ right stepping left back, turn ¼ right stepping right to side
8 Cross left over right

S4: SIDE TRIPLE, ROCK BACK, RECOVER, TURN, TURN, TRIPLE HALF TURN

- 1&2 Step right to side, step left beside right, step right to right side
3-4 Rock left back, recover to right
5-6 Turn ¼ left stepping left forward, turn ½ left stepping right back
7&8 Turn ¼ left stepping left to side, step right beside left, turn ¼ left stepping left forward

S5: ROCK FORWARD, RECOVER, TRIPLE FULL TURN, ROCK FORWARD, RECOVER, TRIPLE HALF TURN

- 1-2 Rock right forward, recover to left
3&4 Turn ½ right stepping right forward, step left beside right, turn ½ right stepping right forward

Alternative: Step right back, step left beside right, step right forward

- 5-6 Rock left forward, recover to right
7&8 Turn ¼ left stepping left to side, step right beside left, turn ¼ left stepping left forward

S6: STEP, TOUCH, BACK, TOUCH, STEP, TOUCH, BACK, TOUCH

- 1-2 Step right forward along right diagonal while facing forward, touch left beside right
3-4 Step left back along left diagonal while facing forward, touch right beside left
5-6 Step right forward along right diagonal while facing forward, touch left beside right
7-8 Step left back along left diagonal while facing forward, touch right beside left

When stepping forward, lean a bit forward and drop right shoulder

When stepping back, lean a bit back and drop left shoulder

Shimmy shoulders with each step

REPEAT

