

A Little Girl Power

COPPER KNOB
BY STEPHEN BRETZ

拍数: 32 墙数: 2 级数: Easy Intermediate
编舞者: Carol Cotherman (USA) - January 2015
音乐: Woman's World - Cher



This is an easy alternative to use as a floor split with "Girl Power" by Ward, McLaughlin, & Vane. The dance is a beginner's dance, but I've classified it as Easy Intermediate because of the 2 Restarts and 1 Tag. The final 8 counts of this dance are the same as "Girl Power".

Intro: 16-count intro

Side, Behind, ¼ Turn, Step, ½ Pivot Turn, Step, Lock, Step

1-2-3-4 Step right to side, step left behind right, ¼ right stepping right forward, step left forward
5-6-7-8 ½ Pivot turn right (weight to right), step left forward, lock right behind left, step left forward (9:00)

Step, Hitch, Touch, Hitch, Step, Touch, Step, 1/4 Turn

1-2-3-4 Step right forward, hitch left knee (twisting upper body left), touch left back, hitch left knee (twist upper body left; you can bend arms at elbow and pump fists)
5-6-7-8 Step left back, touch right toe back, step right forward, 1/4 pivot turn left (weight to left) (6:00)

Walk, Walk, Walk, Touch, Back, Back, Back, Touch

1-2-3-4 Walk forward right, left, right, touch left to side
5-6-7-8 Walk back left, right, left, touch right toe beside left

Optional arm movements: When lyrics say, "I'm stronger...", flex both biceps as you walk forward and back.

Side Rock, Recover, Cross, Hold, Side Rock, Recover, Cross, Hold

1-2-3-4 Rock right to side, recover on left, cross right over left, hold
5-6-7-8 Rock left to side, recover on right, cross left over right, hold

Arm Movements: On counts 3-4 & 7-8, arms go up and out when the lyrics say "Woman's World".

REPEAT

Restart on Walls 2 and 6 after 24 counts facing 12:00 each time

TAG: 4-Count Tag after Wall 11 facing 6:00

On count 1, step right to side with left hand on hip and right arm extended up with fist. Hold for 3 counts. Start dance again.

Note: During tag weight should be evenly distributed on both feet, but you must do a quick weight transfer to the left before starting the dance again.

Ending: Dance ends facing 12:00. Step to right and strike the same pose as the Tag.

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