

A Woman's Rant

COPPERKNOB
BY STEPHENETS

拍数: 56 墙数: 4 级数: Intermediate polka
编舞者: Séverine Fillion (FR) - January 2015
音乐: A Woman's Rant - Jo Dee Messina : (Album: Me)



Intro : 16 counts

[1-8] TRIPLE STEP FWD (RIGHT & LEFT), STEP, TOUCH, & KICK & TAP

1&2-3&4 Triple step right – left - right fwd, Triple step left – right – left fwd
5-6 Right step fwd, touch left toe just behind right
&7 Recover on left back, Right Kick fwd
&8 Recover on right fwd, Tap left toe just behind right

[9-16] TRIPLE STEP BACK, COASTER STEP, ¼ TURN & SIDE, TOUCH, KICK BALL CROSS

1&2 Triple step left – right – left backward
3&4 Right step back, left next to right, right step fwd
5-6 ¼ turn right stepping left to left, touch right next to left 3:00
7&8 Kick right diagonally right fwd, right next to left (slightly back), left cross over right

[17-24] TRIPLE ¼ TURN, ROCK FWD, TRIPLE FULL TURN, STEP FWD, HEEL SPLIT

1&2 ¼ turn right & Triple step right – left – right fwd 6:00
3-4 Rock step left fwd, recover on right
5&6 Triple step left – right – left in place full turning left
7&8 Right step fwd, separate both heels OUT, recover both heels IN

[25-32] WALKS BACKWARD with HEEL SPLIT, COASTER STEP, STEP ½ TURN

1&2 Right step back, separate both heels OUT, recover both heels IN
3&4 Left step back, separate both heels OUT, recover both heels IN
5&6 Right step back, left next to right, right step fwd
7-8 Left step fwd, Turn ½ right 12:00

[33-40] STOMP FWD-BOUNCE (SWITCH LEFT & RIGHT), HEEL SWITCH, HEEL HOOK HEEL

1&2 Stomp left fwd, lift and drop left heel in place
&3&4 Recover on left, Stomp right fwd, lift and drop right heel in place
&5&6 Recover on right, touch left heel fwd, recover on left, touch right heel fwd
&7&8 Recover on right, touch left heel fwd, Hook left, touch left heel fwd
& Recover on left

* Restart – wall 2

[41-48] STOMP FWD-BOUNCE (SWITCH RIGHT & LEFT), HEEL SWITCH , STOMP, ¼ TURN & KICK, HOOK

1&2 Stomp right fwd, lift and drop right heel in place
&3&4 Recover on right, Stomp left fwd, lift and drop left heel in place
&5&6 Recover on left, touch right heel fwd, recover on right, touch left heel fwd
&7-8 Recover on left, Stomp right next to left, ¼ turn right with right Kick fwd 3:00
& Hook right cross over left leg

[49-56] TRIPLE FWD, STEP ½ TURN, STOMP, STOMP, APPLEJACKS

1&2 Triple step right – left – right fwd
3-4 Left step fwd, Turn ½ right 9:00
5-6 Stomp left in place, Stomp right next to left
&7&8 Applejacks in place

RESTART : On wall 2 at 9:00, Restart the dance at the beginning after 40 counts

TAG : At the end of wall 3 : Dance one time more the 8 last counts (49-56) then restart at 12:00

At the end of wall 5 : Dance 3 times more the 8 last counts (49-56) then restart at 12:00

Start again and enjoy!
