

# First Woman

**COPPER KNOB**  
BY STEPHEN T. C.

拍数: 24      墙数: 4      级数: Absolute Beginner  
编舞者: Kim Ray (UK) - March 2017  
音乐: One Woman Man - John Legend



## #24 count intro from heavy beat

### S1: □ BASIC FORWARD, BASIC BACK

1-3      Step forward on left, step right beside left, step left beside right  
4-6      Step back on right, step left beside right, step right beside left (12:00)

### S2: □ LEFT TWINKLE, RIGHT TWINKLE

1-3      Cross step left over right, step right to right side, step left beside right  
4-6      Cross step right over left, step left to left side, step right beside left (12:00)

### S3: □ FORWARD, POINT, HOLD, BACK, POINT, HOLD

1-3      Step forward on left, point right to right side, hold  
4-6      Step back on right, point left to left side, hold (12:00)

### S4: □ LEFT TWINKLE, CROSS, TOUCH, FLICK ¼ TURN RIGHT

1-3      Cross step left over right, step right to right side, step left beside right  
4-6      Cross step right over left, touch left toe to left side, flick left heel back as you make a ¼ turn right (3:00)

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