

A Natural Woman

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Improver
编舞者: DJ Dan (NL) & Sofia (NL) - September 2017
音乐: (You Make Me Feel Like) A Natural Woman - Lauren Alaina : (iTunes)



Intro: 3 counts, start on vocals

S1: 1/2 TURN FORWARD, COASTER CROSS

1-2-3 Step forward on Left, Make a 1/2 turn left step back on Right [6], Step Left beside Right
4-5-6 Step back on Right, Step Left beside Right, Cross Right over Left

S2: SIDE, CROSS ROCK, 1/4 TURN RIGHT, FULL TURN RIGHT

1-2-3 Step Left to left side, Rock Right across Left, Recover onto Left
4-5-6 Make a 1/4 turn right step forward on Right [9], Make a 1/2 turn right step back on Left [3]
 Make a 1/2 turn right step forward on Right [9]

Option counts 5-6 : Step forward on Left, step forward on Right

S3: MAMBO ROCK, SAILOR CROSS

1-2-3 Rock forward on Left, Recover onto Right, Step back on Left
4-5-6 Cross Right behind Left, Step Left to left side, Cross Right over Left

S4: LUNGE LEFT, RECOVER, STEP BACK, CROSS, UNWIND 7/8 TURN LEFT

1-2-3 Lunge Left diagonally forward left, recover onto Right, Step back on Left
4-5-6 Cross Right over Left, unwind 7/8 turn left, weight on Right [9]

Option counts 4-5-6 : Step Right to right side sway hips right, Sway hips left, Sway hips right

S5: BEHIND-SIDE-CROSS, 1/4 TURN LEFT x 2, CROSS

1-2-3 Cross Left behind Right, Step Right to right side, Cross Left over Right
4-5-6 Make a 1/4 turn left step back on Right [6], make a 1/4 turn left step Left to left side [3], Cross
 Right over Left

S6: SIDE ROCK, CROSS, ROLLING VINE

1-2-3 Rock Left to left side, Recover onto Right, Cross Left over Right
4-5-6 Make a 1/4 turn right step forward Right [6], Make a 1/2 turn right step back Left [12] Make a
 1/4 turn right step Right to right side [3]

Option counts 4-5-6 : Step Right to right side, Cross Left behind Right, Step Right to right side

S7: STEP FORWARD, KICK, COASTER STEP

1-2-3 Step Left forward on right diagonal, Slow kick Right
4-5-6 Step back on Right, Step Left beside Right, Step forward on Right [3]

S8: ROCK FORWARD, 1/4 TURN LEFT, STEP FORWARD, PIVOT 1/2 TURN LEFT, STEP FORWARD

1-2-3 Rock forward on Left, Recover onto Right, Make a 1/4 turn left step forward on Left [12]
4-5-6 Step forward on Right, Pivot 1/2 turn left [6], Step forward on Right

Ending : On the last wall dance up to count 12, then...

1-2-3 Step forward on Left, Pivot 1/4 turn right [12], Cross Left over Right
4-5-6 Large step Right to right side, Drag Left slowly next to Right

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