

# A Natural Woman

COPPER KNOB  
BYEPOSTETS

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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