

# Woman, Amen - Female

**COPPER** **NOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Lene Mainz Pedersen (DK) - October 2018  
音乐: Woman, Amen / Female - Home Free : (iTunes)



Start after 32 counts

## [1-8] R LOCK STEP, SCUFF L, L LOCK STEP, SCUFF R

1 - 4      Step R fwd, Lock L behind R, Step R fwd, Scuff L Foot  
5 - 8      Step L fwd, Lock R behind L, Step L fwd, Scuff R Foot

## [9-16] JAZZ ¼ R, STEP, JUMP RL FWD, HOLD, JUMP LR BACK, HOLD

1 - 4      Cross R in front of L, Turn ¼ R stepping back on L, Step R to R side, Step L fwd (3:00)  
&5 - 6      Jump R fwd on R, Jump L fwd on L, HOLD & Clap  
&7 - 8      Jump R back, Jump L back, HOLD & Clap

## [17-24] SLOW HEEL JACKS R & L

1 - 4      Step R to R side, Cross L in front of R, Step R to R side, Put L Heel out to L diagonal  
5 - 8      Step L to L side, Cross R in front of L, Step L to L side, Put R Heel out to R diagonal

## [25-32] ROCKING CHAIR, STEP ½ TURN L, WALK RL

1 - 4      Rock fwd on R, Recover on L, Rock back on R, Recover on L  
5 - 6      Step R fwd, Turn ½ L recover on L (9:00)  
7 - 8      Walk R fwd, Walk L fwd

(Option; Fullturn L: Make a ½ turn L stepping back on R, Make a ½ turn L stepping L fwd)

Start again

EASY Restart: On wall 3 (Starts 6:00) Restart after 16 Counts (Now facing 9:00)

\*\*2 EASY Tags:

After wall 7 (9:00) ROCKING CHAIR

After wall 9 (3:00) ROCKING CHAIR X2

1 - 4      Rock fwd on R, Recover on L, Rock back on R, Recover on L

Contact: [lene.m@privat.dk](mailto:lene.m@privat.dk) - [www.happylinedanceherning.dk](http://www.happylinedanceherning.dk)