

# The Woman Before Me

COPPERKNOB  
BY STEPHEN HETS

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Kirsteen Currie (UK) - March 2019  
音乐: The Woman before Me - Trisha Yearwood



**Intro: 8 counts**

**Walk, Walk, step 1/4 turn left, cross, full turn right, step, rock back, rec, step side**

1-2            Walk forward right, Walk forward left  
3&4           Step right forward, 1/4 turn left, cross right over left  
5&6           1/4 turn right stepping back on left, 1/2 turn right stepping forward on right, 1/4 turn right stepping left to left

**(Easy option: Side shuffle left)**

&7            Step right next to left, step left to left side  
8&1           Rock back right, recover on left, large step to right

**Behind, side, cross, 1/4, 1/4, cross rock, rec, side, cross, full turn left**

2&3           Step left behind right, step right to right side, cross left over right  
&4            1/4 turn left stepping back on right, 1/4 turn left stepping left to left side  
5-6           Cross rock right over left, recover on right  
&7            Step right to right side, cross left over right  
8&1           1/4 turn left stepping back on right, 1/2 turn left stepping forward on left, 1/4 left stepping right to right side

**(Easy option: side shuffle right)**

**Sailor 1/4 turn, and step, mambo 1/2 turn right, 1/2 turn right sweep, behind, side, cross**

2&3           Cross left behind right making 1/4 turn left, step right beside left, step forward on left  
&4            Step right next to left, step forward left  
5&6           Forward rock on right, recover on left, 1/2 turn right stepping forward on right  
7              1/2 turn right stepping back on left, sweeping right  
8&1           Step right behind left, step left to left side, cross right over left

**Swivel 1/2 turn left, swivel 1/2 turn right with sweep, rock back, rec, step side, rock back, rec, 3/4 spiral turn right**

2-3           Swivel 1/2 turn left, swivel 1/2 turn right sweeping right  
4&5           Rock back on right, recover on left, large step to right  
6&7           Rock back on left, recover on right, 3/4 turn right stepping back on left, hooking right in front of left  
8&            Step forward on right, step left next to right

**Tag/Restart:**

**On wall 5 dance up to section 4 count 4& (Rock back right, rec) and add**

1-2            sway right, sway left (taking weight on left)

**Then Restart the dance**