

Strong Women

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Claire Bell (UK), Pat Stott (UK), Julie Carr (UK), Lesley Kidd (UK), Julie Snailham (ES), Rob Fowler (ES) & I.C.E. (ES) - August 2020
音乐: Whiskey Drinkin' Woman (feat. Sarah Jory) - Kezia Gill : (3:22)



Intro: 8 counts from the main beat (approx. 15 secs)

S1: R Heel Grind $\frac{1}{4}$ R, R Coaster, L Heel Grind $\frac{1}{4}$ L, L Coaster

1,2 Rock fwd R heel twisting R toe from L to R making $\frac{1}{4}$ turn R, recover weight to L (3:00)
3&4 Step back on R, close L next to R, step forward on R
5,6 Rock fwd L heel twisting L toe from R to L making $\frac{1}{4}$ turn L, recover weight to R (12:00)
7&8 Step back on L, close R next to L, step forward on L

S2: Rock Fwd R, Recover, $1\frac{1}{2}$ Turn R, Rock Fwd L, Recover, $\frac{3}{4}$ Triple Turn L

1,2 Rock fwd on R, recover on L
3&4 $\frac{1}{2}$ turn R stepping R fwd, $\frac{1}{2}$ turn R stepping L back, $\frac{1}{2}$ turn R stepping R fwd
(easier option: triple $\frac{1}{2}$ turn R) (6:00)
5,6 Rock fwd on L, recover on R
7&8 $\frac{1}{4}$ turn L stepping L to L side, $\frac{1}{4}$ turn L stepping R next to L, $\frac{1}{4}$ turn L stepping L fwd (9:00)

RESTART: During Wall 3, replace the $\frac{3}{4}$ triple turn L at counts 7&8 with $\frac{1}{2}$ triple turn L, then RESTART the dance facing 12:00

S3: Switches R & L, R Kick, Step R, Touch L Back, $\frac{1}{2}$ Turn L, $\frac{1}{2}$ Turn R, Step L, Pivot $\frac{1}{2}$ R

1&2& Point R to R side, step R next to L, point L to L side, step L next to R (9:00)
3&4 Kick R fwd, step R next to L, touch L toe back
5,6 Unwind upper body $\frac{1}{2}$ turn L to 3:00 (weight on L), unwind $\frac{1}{2}$ turn R back to face 9:00 (weight on R)
7,8 Step fwd on L, pivot $\frac{1}{2}$ turn R (3:00)

S4: Cross Rock, Recover, Step L, Cross Rock, Recover, Step R, Weave, Heel Jack, Hold

1,2& Cross rock L over R, recover weight on R, step L next to R
3,4& Cross rock R over L, recover weight on L, step R next to L
5&6 Cross L over R, step R to R side, step L behind R
&7,8 Step R to R side, touch L heel to L diagonal, hold (3:00)

S5: Modified $\frac{1}{4}$ Turn R Jazz Box, Applejacks

&1,2 Step L next to R, cross R over L, turn $\frac{1}{4}$ R stepping back on L (6:00)
3,4 Stomp R to R side, stomp L to L side (feet slightly apart)
&5&6 Twist L toe to L, twist R heel to L, recover, twist R toe to R, twist L heel to R, recover
&7&8 Twist L toe to L, twist R heel to L, recover, twist R toe to R, twist L heel to R, recover (weight on L)

(Alternative steps in place of Applejacks - Heel Twists R-L-R-L)

&5&6 Twist R heel in, twist R heel centre, twist L heel in, twist L heel centre
&7&8 Twist R heel in, twist R heel centre, twist L heel in, twist L heel centre (weight on L)

S6: Stomp R Dorothy, Stomp L Dorothy, Rock Fwd R, Recover, $\frac{3}{4}$ Triple Turn R

1,2& Stomp R diagonally fwd R, lock L behind R, step fwd R
3,4& Stomp L diagonally fwd L, lock R behind L, step fwd L
5,6 Rock fwd on R, recover on L
7&8 $\frac{1}{4}$ turn R stepping R to R side, $\frac{1}{4}$ turn R stepping L next to R, $\frac{1}{4}$ turn R stepping R fwd (3:00)

S7: Rock Fwd L, Recover, Step L, Rock Fwd R, Recover, Step R, Travelling Back Toe Touches, Hip Bumps

1,2& Rock fwd on L, recover on R, step L next to R
3,4 Rock fwd on R, recover on L
&5&6 Step back on R, touch L fwd, step back on L, touch R fwd
&7&8 Step back on R, touch L fwd, bump hip L, bump hip R (weight on R) (3:00)

S8: Step L, R Vaudeville, L Vaudeville, Step L, Cross R, Unwind $\frac{3}{4}$ L, Side R, Drag L, Step L

&1&2 Step L next to R, cross R over L, step L to L side, touch R heel to R diagonal
&3&4 Step R next to L, cross L over R, step R to R side, touch L heel to L diagonal
&5,6 Step L next to R, cross R over L, unwind $\frac{3}{4}$ turn L (weight on L)
7,8& Large step R to R side, drag L up to R, close L next to R (6:00)

Start Over

XXX THANKS TO HAYLEY GOY FOR THE MUSIC XXX

ENDING: During Wall 6 dance up to and including count 6 of Section 6, then replace the $\frac{3}{4}$ turn R at counts 7&8 with $\frac{1}{2}$ turn R to finish facing 12.00 and stomp forward L!
