

Must Be A Woman

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner - Lilt ECS
编舞者: Alvaro Arienti (IT) - June 2021
音乐: Must Be a Woman - Gord Bamford



Start on Lyrics - ACW Motion.

S1: HEEL SWITCH, WALK x2, OUT-OUT IN-IN, BODY ROLL R, BODY ROLL L

1&2& touch R heel fwd, step r beside L, touch L heel fwd, step L beside R
3-4 step R fwd, step L fwd
&5&6 step R to R, step L to L, step R to centre, step L together
7-8 step R apart rolling the body to R, step L apart rolling the body to L

S2: SHUFFLE, BACK ROCK, ROLLING VINE, HITCH WITH R SLAP

1&2 step R to R, step L together, step R to R
3-4 step L back, recover on R
5-6 turn ¼ L (9:00) and step L fwd, turn ½ L (3:00) and step R back
7-8 turn ¼ L (12:00) and step L to L, turn 1/8 L (10:30) and hitch R with slap R hand on the leg

S3: GALOP BACK x4, GALOP BACK x4

1&2& step R back, step L together, step R, step L together
3&4 step R back, step L together, step R
5&6& turn ¼ R (1:30) and step L back, step R together, step L, step R together
7&8 step L back, step R together, step L back

S4: TOE STRUT TURNING KNEE x2, STEP ½ TURN, TURN ½, TURN ¼

1-2 turn 1/8 L (12:00) withpoint R ball fwd and turn R knee clockwise, R heel down
3-4 point L ball fwd and turn L knee unclockwise, L heel down
5-6 step R fwd, turn ½ L (6:00, weight on L)
7-8 turn ½ L (12:00) and step R back, turn ¼ L (9:00) and step L to L

Repeat

Restart after 16 counts on 4th wall (facing 3:00) and 7th wall (facing 9:00)
