

Good Strong Woman

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Phrased Beginner
编舞者: Mark Treacy (USA) - October 2021
音乐: Good Strong Woman (feat. Darius Rucker) - Keb' Mo'



#16 count intro

Sequence: A - Tag - A - A - A - Tag - A - A - first 16 of A - Pause 4 - Tag - A - A - A - A

Pattern A: 32 counts

A[1-8] GRAPEVINE, SCISSOR STEP

1-2-3-4 1) Step Side R; 2) L behind R; 3) Step Side R; 4) Step L cross R
5-6-7-8 5) Side R; 6) Recover L; 7) R cross L; 8) Hold

A[9-16] GRAPEVINE, SCISSOR STEP

1-2-3-4 1) Step Side L; 2) R behind L; 3) Step Side L; 4) Step R cross L
5-6-7-8 5) Side L; 6) Recover R; 7) L cross R; 8) Hold

A[17-24] STEP TOUCH

1-2-3-4 1) Step fwd R; 2) L touch R; 3) Step fwd L; 4) R touch L
5-6-7-8 5) Step fwd R; 6) L touch R; 3) Step fwd L; 8) R touch L

A[25-32] RUMBA BOX SLIDE CHANGE WALLS

1-2-3-4 1) Slide R; 2) L together; 3) Turn 1/4 left Slide L; 4) R together
5-6-7-8 5) Turn 1/4 right Slide R; 6) L together; 7) Slide L; 8) R together

Tag (Man):

[1-8] STEP R, STEP L, HANDS ON HIPS, LOOK UP, BOUNCE ON BALLS OF FEET

1-2-3-4 1) Step R; 2) Step L; 3) Hands On Hips; 4) Look Up
5-6-7-8 5) Bounce; 6) Bounce; 7) Bounce; 8) Bounce

Last Update - 12 Nov. 2021 R2