

I Am Woman

拍数: 32 墙数: 4 级数: Intermediate / Advanced
编舞者: Gregory Danvoie (BEL) - November 2023
音乐: I AM WOMAN - Emmy Meli



S1. Step forward, step forward, pivot ½, step back with ½ turn with a sweep back, cross behind, side step, cross rock, recover, side step, cross rock, recover, step forward with ¼ turn

1-2&3 RF step forward, LF step forward, pivot ½ turn to the R, LF step back with ½ turn to the R with a R sweep back
4&5 RF cross behind LF, LF step to the L side, RF cross rock over LF
6&7 Recover to the LF, RF step to the R side, LF cross rock over RF
8& Recover to the RF, LF step forward with ¼ turn to the L

S2. Step forward, cross over with ¼ turn, side step, cross over with ¼ turn with a sweep forward, cross over, side step, rock back, recover, side step, cross behind with a sweep back, cross behind, step forward with ¼ turn

1-2&3 RF step forward, LF cross over RF with ¼ to the L, RF step to the R side, LF cross over RF with ¼ turn to the L with R sweep forward

*TAG 2 at wall 4 (without R sweep forward)

4&5 RF cross over LF, LF step to the L side, RF rock back
6&7 Recover to the LF, RF step to the R side, LF cross behind RF with a R sweep back
8& RF cross behind LF, LF step forward with ¼ turn to the L

*RESTART at wall 2 and 8

S3. Step forward X2, pivot ¼, cross over, step back with ¼ turn, step forward with ½ turn, slide & drag, rock back, recover, side step, cross behind, side step

1-2&3 RF step forward, LF step forward, pivot ¼ turn to the R, LF cross over RF
4&5 RF step back with ¼ turn to the L, LF step forward with ½ turn to the L, RF slide to the R side with ¼ turn to the L (LF drag)
6&7 LF rock back, recover to the RF, LF step to the side
8& RF cross behind LF, LF step to the L side

S4. Cross rock, recover, step forward with ¼ turn, step forward with a spiral full turn, step forward, step together, step forward with a sweep forward, cross over, side step, cross behind with a sweep back, cross behind, step forward with ¼ turn

1-2&3 RF cross rock over LF, recover to the LF, RF step forward with ¼ turn to the R, LF step forward with a full spiral to the R
4&5 RF step forward, LF step next to RF, RF step forward with a L sweep forward
6&7 LF cross over RF, RF step to the R side, LF cross behind RF with a R sweep back

*FINAL at wall 9

8& RF cross behind LF, LF step forward with ¼ turn to the L

TAG 1 : At the end of wall 1 and wall 5

TS1. Cross rock, recover, side step, cross over, side step, cross behind, side step ; X2

1-2& RF cross rock over LF, recover to the LF, RF step to the R side
3&4& LF cross over RF, RF step to the R side, LF cross behind RF, RF step to the R side
5-6& LF cross rock over RF, recover to the RF, LF step to the L side
7&8& RF cross over LF, LF step to the L side, RF cross behind LF, LF step to the L side

TS2. Rock forward, recover, step forward with ½ turn, step together, step forward with ¼ turn, step together, step forward with ¼ turn ; X2

1-2& RF rock forward, recover to the LF, RF step forward with ½ turn to the R
3&4& LF step next to RF, RF step forward with ¼ turn to the R, LF step next to RF, RF step forward with ¼ turn to the R

5-6& LF rock forward, recover to the RF, LF step forward with ½ turn to the L
7&8& RF step next to LF, LF step forward with ¼ turn to the L, RF step next to LF, LF step forward with ¼ turn to the L

***TAG 2 : During wall 4 after 11th counts (without R sweep forward) (no count, the tag is lyrical)
RF stomp to the R side, raise right hand & go down + restart the dance**

***Restart: Wall 2 and wall 8 after the second section**

Final: Wall 9, Raise your right fist after the count 6&7 in section 4

Phrasing of the dance:

Wall 1: Complete

TAG 1

Wall 2 = Restart after the second section

Wall 3: Complete

Wall 4 = TAG 2 after 11th counts & restart the dance

Wall 5: Complete

TAG 1

Wall 6: Complete

Wall 7: Complete

Wall 8 = Restart after the second section

Wall 9 = Final
