

Feminist Movement

拍数: 80 墙数: 4 级数: Improver
编舞者: Rex Allott (UK) - December 2023
音乐: Man Smart, Woman Smarter - Robert Palmer



Intro - on lyrics (4 beats after 4th piano riff)

S1. R toe out, in x 2, fwd back x 2

- 1-2. Point R toe out R, return
- 3-4. Point R toe out R, return
- 5-6. Point R toe fwd, return
- 7-8. Point R toe fwd, return

S2. L toe out, in x 2, fwd, back x 2

- 1-2. Point L toe out L, return
- 3-4. Point L toe out L, return
- 5-6. Point L toe fwd, return
- 7-8. Point L toe fwd, return

S3. Step R fwd, L, R back, pause, 1/2 walking turn R

- 1-2. Step R fwd, step L on the spot
- 3-4. Step R next to L, pause
- 5-8. Turning 1/2 R step R, L, R, L

S4. Step L, fwd, R, L, back, pause, 3/4 walking turn L

- 1-2. Step L fwd, step R on the spot
- 3-4. Step L next to R, pause
- 5-8. Turning 3/4 L step L, R, L, R

S5. Prissy steps fwd R, L, heel digs R, L,

- 1-2. Cross R diagonally over L, pause
- 3-4. Cross L diagonally over R, pause
- 5-6. Dig R heel diagonally fwd, return
- 7-8. Dig L heel diagonally fwd, return

S6. Back cross toe taps R, L, Elvis knees R, L

- 1-2. Tap R toe behind L heel, step R diagonally back R
- 3-4. Tap L toe behind R heel, step L diagonally back L
- 5-6. Point R knee in L (lifting R heel), out
- 7-8. Point L knee in R (lifting L heel), out

S7. Weave R, vine L

- 1-2. Step L over R, step R to R
- 3-4. Step L behind R, point R toe to R
- 5-6. Step R behind L, step L to L
- 7-8. Step R over L, step L to L

S8. Weave L, vine R

- 1-2. Step R over L, step L to L
- 3-4. Step R behind L, point L toe to L
- 5-6. Step L behind R, step R to R
- 7-8. Step L over R, step R to R

S9. Touch R toe behind L, next to L, kick out R, turning 1/4 L sweep R over L, L V-step.

- 1-2. Touch R toe behind L heel, touch R toe diagonally fwd
- 3-4. Kick R diagonally out fwd, turning 1/4 R sweep R over L & step fwd
- 5-6. Step L diagonally fwd L parallel to R, step R on the spot
- 7-8. Step L diagonally back R, step R next to L

S10. Touch L toe behind R, next to R, kick out L, turning 1/4 R sweep L over R, R V-step

- 1-2. Touch L toe behind R heel, touch L toe diagonally fwd
- 3-4. Kick L diagonally out fwd, turning 1/4 L sweep L over R & step fwd
- 5-6. Step R diagonally fwd R parallel to L, step L on the spot
- 7-8. Step R diagonally back, step L ext to R

Restart after 3rd S8. (3 o'clock)

Finish by dancing S10. S9. S9. S10. S10. S9. to face front.
