

# My One Woman

COPPER KNOB  
BYEPOSTETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Hea Sook Jang (KOR) & MJLD (KOR) - August 2024  
音乐: My Only Lady (나만의 여인) - Sul Woon Do (설운도)



\*\*\* NO TAG, NO RESTART

## S1 CROSS POINT (R,L), JAZZ BOX

1-4      RF cross over LF (1), LF side point (2), LF cross over RF (3), RF side point (4)  
5-8      RF cross over LF (5), LF 1/4 turn right back RF (6), RF side (7), LF fwd (8)(3:00)

## S2 FORWARD HEEL TOUCH, 1/4 TURN LEFT TOGETHER, FORWARD HEEL TOUCH, TOGETHER X 2

1-4      RF fwd heel touch(1), RF 1/4 turn left together LF(2)(12:00), LF fwd heel touch(3) LF step  
         together RF(4)  
5-8      RF fwd heel touch(5), RF 1/4 turn left together LF(6)(9:00), LF fwd heel touch(7), LF step  
         together RF(8)

## S3 FORWARD ROCK, RECOVER, TRIPLE STEP (R,L)

1-4      RF fwd rock(1), LF recover(2), walk in place three times(R,L,R)(3&4)  
5-8      LF fwd rock(5), RF recover(6), walk in place three times(L,R,L)(7&8)

## S 4 LINDY STEP (R,L)

1-4      RF side (1), LF beside RF(&), RF side (2), LF back rock(3), RF recover (4)  
5-8      LF side (5), RF beside LF(&), LF side (6), RF back rock (7), LF recover (8)

Have Fun Dance ~

Contact : [happyll1004@naver.com](mailto:happyll1004@naver.com)