

Listen To Your Woman (P)

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 0 级数: Partner
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音乐: Listen To Your Woman - Steve Kolander



Position: Man facing OLOD, Lady facing ILOD. Double Hand Hold

MAN'S STEPS

ROCK STEP, SHUFFLE, ROCK STEP SHUFFLE

1-2 Rock back on left, recover onto right
3&4 Small shuffle forward stepping left, right, left
5-6 Rock forward onto right, recover onto left
7&8 Small shuffle back stepping right, left, right

SIDE, BEHIND, SIDE SHUFFLE WITH ¼ TURN, STEP, ½ TURN, FORWARD SHUFFLE

Release leading hands on 12, release inside hands on 14, join new inside hands on 15

9-10 Step left to left side, cross right behind left
11&12 Step left to left side, step right beside left, step left ¼ turn left to LOD
13-14 Step forward on right, pivot ½ turn left
15&16 Shuffle forward (RLOD) stepping right-left-right

ROCK STEP, BACKWARD SHUFFLE, BACK, STEP BACK, ¼ TURN, CROSS SHUFFLE

Join man's right/lady's left into double hand hold on 22

17-18 Rock forward on left, recover onto right
19&20 Shuffle back stepping left, right, left
21-22 Step back on right, turning ¼ turn left step left to left side (facing partner)
23&24 Cross right over left, step left to left side, cross right over left

¼ TURN, ½ TURN, ¼ TURN SIDE SHUFFLE, ROCK STEP, ¼ TURN, TOUCH

Release man's right/lady's left hands on 25, release man's left/lady's right and join man's right/lady's left on 26, then into double hand hold on 27

25-26 Turning ¼ turn right step back on left, turning ½ turn right step forward on right (facing LOD)
27&28 Turning ¼ turn right step left to left side, step right beside left, step left to left side (facing partner)
29-30 Rock back on right, recover on left

Release man's left/lady's right hands on 31

31-32 Turning ¼ turn left step back on right, touch left beside right (facing LOD)

CROSS, SIDE, TRIPLE STEP

Release hands on 33-34, man crosses in front of lady, join man's left/lady's right hands on 35&36

33-34 Step left across right, step right to right side (changing sides with partner)
35&36 Triple step (slightly back) stepping left-right-left

Lady turns in front of man on 37-38, joined hands going over lady's head and go into Closed Western Position

37-38 Cross right behind left, step left beside right (facing LOD)
39&40 Shuffle forward stepping right, left, right

WALK, WALK, FORWARD SHUFFLE, ROCK STEP, TURNING TRIPLE STEP

41-42 Walk forward stepping left, right
43&44 Shuffle forward stepping left, right, left
45-46 Rock forward on right, recover onto left

Man's left/lady's right hands over lady's head on 47&, join man's right/lady's left hands into double hand hold on 48

47&48 Triple step ¼ turn right stepping right, left, right

REPEAT

LADY'S STEPS

ROCK STEP, SHUFFLE, ROCK STEP SHUFFLE

- 1-2 Rock forward on right, recover onto left
- 3&4 Small shuffle back stepping right, left, right
- 5-6 Rock back on left, recover onto right
- 7&8 Small shuffle forward stepping left, right, left

SIDE, BEHIND, SIDE SHUFFLE WITH ¼ TURN, STEP, ½ TURN, FORWARD SHUFFLE

Release leading hands on 12, release inside hands on 14, join new inside hands on 15

- 9-10 Step right to right side, cross left behind right
- 11&12 Step right to right side, step left beside right, step right ¼ turn right to LOD
- 13-14 Step forward on left, pivot ½ turn right
- 15&16 Shuffle forward (RLOD) stepping left-right-left

ROCK STEP, BACKWARD SHUFFLE, BACK, STEP BACK, ¼ TURN, CROSS SHUFFLE

Join man's right/lady's left into double hand hold on 22

- 17-18 Rock forward on right, recover onto left
- 19&20 Shuffle back stepping right, left, right
- 21-22 Step back on left, turning ¼ turn right step right to right side (facing partner)
- 23&24 Cross left over right, step right to right side, cross left over right

¼ TURN, ½ TURN, ¼ TURN SIDE SHUFFLE, ROCK STEP, ¼ TURN, TOUCH

Release man's right/lady's left hands on 25, release man's left/lady's right and join man's right/lady's left on 26, then into double hand hold on 27

- 25-26 Turning ¼ turn left step back on right, turning ½ turn left step forward on left (facing LOD)
- 27&28 Turning ¼ turn left step right to right side, step left beside right, step right to right side (facing partner)
- 29-30 Rock back on left, recover on right
- 31-32 Turning ¼ turn right step back on left, touch right beside left (facing LOD)

½ TURN, ½ TURN, TRIPLE STEP

Release hands on 33-34, man crosses in front of lady, join man's left/lady's right hands on 35&36

- 33-34 Turning ½ turn behind man step right to right side, turning ½ turn right step left to left side
- 35&36 Triple step (slightly forward) stepping right-left-right
- Lady turns in front of man on 37-38, joined hands going over lady's head and go into Closed Western Position
- 37-38 Step left across right (starting ½ turn left), completing ½ turn left step back on right (facing RLOD)
- 39&40 Shuffle back stepping left, right, left

WALK, WALK, FORWARD SHUFFLE, ROCK STEP, TURNING TRIPLE STEP

- 41-42 Walk back stepping right, left
- 43&44 Shuffle back stepping right, left, right
- 45-46 Rock back on left, recover onto right
- Man's left/lady's right hands over lady's head on 47&, join man's right/lady's left hands into double hand hold on 48
- 47&48 Triple step ¾ turn left stepping left, right, left

REPEAT
