

My Women

拍数: 32 墙数: 4 级数: Improver
编舞者: Kate Valentin (DK)
音乐: Trashy Women - Confederate Railroad



WEAVE LEFT, CROSS, BACK, SHUFFLE ¼ TURN RIGHT

1-4 Cross right over left, step left to left side, cross right behind left, step left to left side
5-6 Cross right over left, step back on left
7&8 Step forward right making ¼ turn right, close left beside right, step forward right

ROCK STEP, BACK, POINT, CROSS, POINT, CROSS, POINT

1-2 Rock forward on left, rock back on right
3-4 Step back on left, point right toe diagonally back right
5-6 Cross right over left, point left toe to left side
7-8 Cross left over right, point right toe to right side

JAZZ BOX ¼ TURN RIGHT, JAZZ BOX

1-4 Cross right over left, step back on left, step right ¼ turn right, step left beside right
5-8 Cross right over left, step back on left, step right to right side, close left beside right

HEEL STEPS, STEP, TOGETHER, HEEL GRIND ¼ TURN RIGHT, STEP, TOGETHER

1-2 Step forward on right heel, step forward on left heel
3-4 Step right foot back in place, step left next to right
5 Step forward on right heel, turned right toe towards diagonally left
6 Twist (on heel) right toe ¼ right, in the same time step back on left foot
7-8 Step right foot next to left, step left foot in place

REPEAT

OPTIONAL ENDING

The dance ends at section 2 count 7, facing the music, crossing left over right
