

Natural Woman

COPPER **NOB**
BY STEPHEN

拍数: 48 墙数: 2 级数: Intermediate waltz
编舞者: A.T. Kinson (USA)
音乐: Natural Woman - Aretha Franklin



BACK STEP TOGETHER FORWARD STEP, FORWARD STEP AND SLOWLY CLOSE

- 1 Right step back
- 2 Left step next to right
- 3 Right step forward
- 4 Left step forward
- 5 Drag right toward left slowly
- 6 Close right next to left (no weight)

BALANCE STEP RIGHT AND LEFT

- 7 Right step to right side
- 8 Left rock behind right on ball of foot
- 9 Right recover weight in place
- 10 Left step to left side
- 11 Right rock behind left on ball of foot
- 12 Left recover weight in place

PIVOT TURN 360 RIGHT, LEFT CROSS ROCK RECOVER STEP SIDE

- 13 Turn $\frac{1}{4}$ right step forward, pivot $\frac{1}{2}$ right
- 14 Left step back, turn $\frac{1}{4}$ right
- 15 Right step to right side
- 16 Left rock forward across right
- 17 Right recover weight in place
- 18 Left step to left side

RIGHT CROSS ROCK RECOVER STEP SIDE, FORWARD STEP $\frac{1}{4}$ TURN LEFT SIDE CLOSE

- 19 Right rock forward across left
- 20 Left recover weight in place
- 21 Right step to right side
- 22 Left step forward and turn $\frac{1}{4}$ left
- 23 Right step to right side
- 24 Left step next to right

STEP FORWARD TURN $\frac{1}{4}$ RIGHT STEP SIDE CLOSE, STEP BACK TURN $\frac{1}{4}$ RIGHT STEP SIDE CLOSE

- 25 Right step forward, $\frac{1}{4}$ turn right
- 26 Left step to left side
- 27 Right step next to left
- 28 Left step back, $\frac{1}{4}$ turn right
- 29 Right step to right side
- 30 Left step next to right

RIGHT & LEFT FORWARD TWINKLES

- 31 Right step forward across left, turn $\frac{1}{8}$ right
- 32 Left step to left side
- 33 Right step next to left
- 34 Left step forward across right and turn $\frac{1}{4}$ left
- 35 Right step to right side

36

Left step next to right

TURN 1/8 RIGHT STEP FORWARD BALANCE STEP FORWARD, STEP BACK BALANCE STEP BACK RECOVER

- 37 Turn 1/8 right, right step forward
- 38 Rock forward on ball of left
- 39 Right recover weight in place
- 40 Left step back
- 41 Rock back on ball of right
- 42 Left recover weight in place

FORWARD ¼ TURN RIGHT, SIDE TOUCH, STEP SIDE, CLOSE CHANGE WEIGHT

- 43 Right step forward and turn ¼ right
- 44 Left step to left side
- 45 Touch right next to left
- 46 Right step to right side
- 47 Close left to right
- 48 Change weight

REPEAT

Use proper rise and fall technique throughout the dance. Song may seem a bit fast at first, but Aretha's voice will enhance your mood and help movement and timing.
