

# Strength Of A Woman

**COPPER** KNOB  
BY STEPHENETS

拍数: 52      墙数: 2      级数: Intermediate  
编舞者: Diana Bishop (AUS)  
音乐: Strength Of A Woman (Groove Brothers Radio Edit No 3) - Philip Claypool



- 1-2-3&4      Walk forward right-left, shuffle to right on right-left-right  
5-6-7&8      Walk forward left-right, shuffle to left on left-right-left
- 1-2-3-4      Rock forward onto right, rock back onto left, rock back onto right, rock forward onto left  
1-2-3&4      Step right forward, pivot  $\frac{1}{4}$  to left on balls of right-left, turn  $\frac{3}{4}$  to right on right-left-right
- 1-2-3-4      Rock forward onto left, rock back onto right, rock back onto left, rock forward onto right  
1-2-3&4      Step left forward, pivot  $\frac{1}{4}$  to right on balls of left-right, turn  $\frac{3}{4}$  to left on left-right-left
- 1-2-3-4      Rock to right onto right, rock to left onto left, cross right toe over left & tap right heel 2 times  
1-2-3-4      Rock to left onto left, rock to right onto right, cross left toe over right & tap left heel 2 times
- &1-2&3-4      Jump back on right foot while left foot goes forward, bring right next to left  
&1-2&3-4      Jump back on left foot while right foot goes forward, bring left next to right
- 1-2-3-4      Step right forward 2 hip bumps to right, pivot  $\frac{1}{4}$  to left on ball of right & left in place, then do 2  
hip bumps to left  
1-2-3-4      Right heel touch in front, right toe touch in front of left, pivot  $\frac{1}{4}$  to left on balls of right & left,  
bounce o heels 2 times
- 1-2-3&4      Jump forward right-left feet together, clap hands, jump feet forward right-left feet together &  
clap hands 2 times

**REPEAT**

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