

Woman

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Paul Richardson (USA)
音乐: Woman - Maroon 5



WIZARD STEP, ½ TURN SWEEP, WIZARD STEP, TOGETHER POINT, TOGETHER, POINT

1-2& Step right forward, lock left behind, step right forward
3-4 Sweep left foot in front of body, make ½ turn right stepping left next to right
5-6& Step right forward, lock left behind, step right forward
7&8 Point left toe forward, step left in place, point right toe forward

BUMPS WITH ½ TURN, COASTER STEP, PIVOT ¾ TURN, SIDE, TOGETHER WITH KNEE POP

1&2 Bump hips right making ¼ turn left, bump hips left making ¼ turn left, bump hips right
3&4 Step back on left, step right next to left, step left forward
5-6 Step forward on right, make ¾ turn left stepping down on left
7&8 Large step with right foot to right side, step left together popping both knees up (heels off the ground), knees back to natural position (heels flat)

ROCK, RECOVER, CROSS, ¾ UNWIND, STEP, ROCK, RECOVER, CROSS, POINT, HITCH, ¼ TURN

1&2 Rock left to left side, recover weight onto right, cross left over right
3-4 Unwind ¾ turn right, step right foot forward
5&6 Rock left to left side, recover weight onto right, cross left over right
7&8 Point right toe to right side, hitch right knee, make ¼ turn left keeping hitch

WALK, WALK, FULL MONTERREY, WALK, WALK, ½ TURN MONTERREY

1-2 Walk forward on right, walk forward on left
3-4 Point right to right side, make full turn right stepping right in place
5-6 Walk forward on left, walk forward on right
7-8 Point left to left side, make ½ turn left stepping left in place

REPEAT
