

Woman To Man

COPPERKNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Advanced
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音乐: Woman to Man - Harriet



ROCK BACK, ¼ TURN, TURN TO THE LEFT, TURN TO THE RIGHT

1 Hold
2 Rock back on your left feet
& Step on right feet
3 Step on left feet with a ¼ turn to the left
4 Step out on right feet, while doing this prepare for the ronde
5 Make a ronde with your left feet
6 Cross your left feet behind your right feet
& Step out on right feet to the side
7 Cross your left feet in front of your right feet
8 Make a ½ turn to the right
1 With right feet make a ronde

MAKE A RONDY, WEIGHT CHANGE, MAKE A POSE

2 Put your right feet behind your left feet
3 Point your left feet to the side
4 Change your weight to your left feet, while doing this bend to your left knee
5-8 Slide your right feet slowly next to your left feet, while doing this keep growing
1 Finish the sliding from previous counts 5 -8

WALK, WALK, CROSS, TURN RONDE, COASTER STEP

2 Start cross walk with your right feet
3 Make a cross walk with your left feet
4 Make a cross walk with your right feet
5 Cross your left feet in front of right feet
6 Make a ½ turn to the right, while doing this start the ronde
7 Make a ronde with your right feet
8&1 Coaster step starting with your right feet and make a 45° turn to the right

A QUICK VINE TO THE RIGHT, MAKE A POSE

2 Put your left feet in front
& Right feet next to your left feet
3 Put your left feet behind right feet
& Put your right feet to the side
4 Put your left feet in front of right feet
& Put your right feet to the side
5 Swing your left feet behind your right feet
6 Hold
7 Hold
8 Hold
& Start making a body roll with a ¼ to the left
1 Finish the body roll and finish the turn to the left

SHUFFLE, MAMBO STEPS, STEP, SCUFF, TURN

2-3 Make shuffle with your right feet
4 Step out with your left feet

- & Step back on your right feet
- 5 Put your left feet behind your right feet
- 6 Step out on your left feet
- & Step back on your right feet
- 7 Put your left feet behind your right feet
- 8 Step out on your left feet to the front
- 1 Make a scuff with your right feet and start turning a ½ to the left

BEND THROUGH YOUR KNEES, MAKE A POSE, GET UP AND SLIDE ONE FEET

- 2 Finish the turn a ½ to the left side
- 3 Put your right feet in front
- 4 Bend through your knees
- 5 Push your body to opposite direction of your legs
- 6 Come on up, start stretching your knees
- 7 Step out on your right feet
- 8-1 Slide your left feet next to your right feet

REPEAT
