

Women With Balls

COPPER KNOB
STEPSHEETS

拍数: 56 墙数: 4 级数: Improver
编舞者: Louise Elfvengren (NOR) - April 2010
音乐: Sometimes It Takes Balls to Be a Woman - Elizabeth Cook



Intro: Start when she says woman. Ca 7-8 counts.

Section 1

VINE RIGHT & LEFT WITH TOUCH

- 1-4 Step right to right, step left behind right, step right to side, touch left next to right.
5-8 Step left to left, step right behind left, step left to side, touch right next to left.

Section 2

WALK FORWARD & BACK CLAPPING YOUR THIGHS WHILST DOING HITCHES

- 1-4 Walk forward right-left-right, lift up left and clap on left thigh with both hands.
5-8 Walk backwards, left-right-left, lift up right and clap on right thigh with both hands.

Section 3

POINT RIGHT TO SIDE x 2, JAZZ BOX TURNING ¼ RIGHT

- 1-4 Point right to right side, touch right next to left, point right to right side, touch right next to left.
5-8 Cross right over left, turn ¼ right stepping down on left, step right beside left, step down on left. (3 o'clock)

RESTART WALL 3

Section 4

HEEL TOE SWIVELS RIGHT, HOLD & CLAP – HEEL SWIVEL LEFT, HOLD & CLAP, HEEL SWIVEL RIGHT, HOLD & CLAP

- 1-4 Swivel heels to right. Swivel toes to right. Swivel heels to right. Hold and clap.
5-8 Swivel heels to left. Hold and clap. Swivel heels to right. Hold and clap.

Section 5

JAZZ BOX, MONTEREY ¼ RIGHT

- 1-4 Cross right over left, step back on left. Step right to right side, step down on left.
5-8 Point right to side, turn ¼ right stepping down on right, point left to side, step down left next to right. (6 o'clock)

Section 6

STEP, TAP, BACK, HEEL, STEP, TAP, BACK, HEEL

- 1-4 Step right forward, touch left behind right, step left back, touch right heel forward.
5-8 Step right forward, touch left behind right, step left back, touch right heel forward.

Section 7

TOE STRUT BACKWARD, TOE STRUT TURNING ¼ LEFT, HEELS X 2

- 1-4 Step right toe back, drop right heel taking weight. Step left toe forward turning ¼ left, drop left heel taking weight. (3 o'clock)
5-8 Put right heel forward, step down right next to left. Put left heel forward, step down left next to right.