

Its Hard For a Woman

COPPER **KNOB**
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Penny Kelly (AUS) & Cathy Pugh (AUS) - July 2010
音乐: Metrosexual Craze - Tracy Killeen : (CD: Drivers Seat)



Dance Starts On Lyrics, 32 Count Intro.

FWD 45 DEG, FWD 45 DEG,STEP TAP,STEP TAP

1-2 Step R Forward At 45 Deg R, Clap
&34 Step L Forward At 45 Deg R, Step R Forward At 45 Deg R, Clap
5-6 Step L Forward At 45 Deg L, Tap R Beside L ,Clap
7-8 Step R Forward At 45 Deg R, Tap L Beside, Clap

BACK BACK, BACK, HITCH, BACK BACK, BACK , HITCH

1234 Step Back Left, Right, Left ,Hitch R
5678 Step Back Right, Left, Right, Hitch L

1st Restart

SIDE TOGETHER, FORWARD, HOLD, SIDE TOGETHER 1/4 TURN, HOLD

1-2 Step L To Side, Step R Beside L
3-4 Step Forward On L, Hold
5-6 Step R To R Side, Step L Beside R
7-8 Turn 1/4 Turn R Step Forward On R ,Hold

ROCKING CHAIR, PIVOT 1/4 TURN HOLD

1-2 Step L Forward, Rock Back On R
3-4 Step Back On L, Rock Forward On R
5678 Step L Forward, Pivot 1/4 Turn R, Cross L Over R, Hold

HIP, HIP, HIP, HOLD, HIP, HIP, HIP, HOLD

1234 Step R Forward At 45 Deg R Push Hips Forward, Back, Forward, Hold
5678 Step L Forward At 45 Deg L Push Hips Forward, Back, Forward, Hold

** 2nd Restart

STEP FWD 45 DEG, HOLD, TWIST HEEL, TOE, HEEL , HOLD

1-2 Step R Forward At 45 Deg R, Hold
3-4 Twist L Heel Towards R Foot, Hold
5-6 Twist L Toe Towards R Foot, Twist L Heel Towards R Foot
7-8 Twist L Toe Towards R Foot, Hold

STEP TAP, STEP TAP, FREEZE LEFT 1/4 TURN, HOLD

1-2 Step L Forward At 45 Deg L, Tap R Beside, Clap
3-4 Step R Forward At 45 Deg R, Tap L Beside, Clap
5-6 Step L To Side. Step R Behind Left
7-8 Turn 1/4 Turn L, Step Forward On L, Hold

FORWARD, HOLD, 1/4 TURN PIVOT, HOLD, FORWARD 1/4 PIVOT, FORWARD 1/4 PIVOT

1-2 Step Forward On R, Hold
3-4 Pivot 1/4 Turn L (Weight On L), Hold
5-6 Step Forward On R, Pivot 1/4 Turn L (Weight On L)
7-8 Step Forward On R Pivot 1/4 Turn L (Weight On L)

1st RESTART happens on WALL 4 after count 16 ## facing back wall,

Instead of hitching L leg, step it beside R taking weight.

** 2nd RESTART happens on WALL 7 after count 40 ** (hips) .Facing front wall
