

If I Was a Woman

拍数: 32 墙数: 4 级数: Improver
编舞者: Judy Rodgers (USA) - August 2011
音乐: If I Was A Woman (feat. Blake Shelton) - Trace Adkins : (Album: Proud to be Here - 2011)



Alt. Music:-

Million Dollar View - Trace Adkins; Proud to be Here Album 2011 (slower); 16 count intro

Higher Ground - Stevie Wonder; 48 count intro

16 count intro - No tags, No restarts

ANCHOR STEP, TRIPLE IN PLACE, COASTER STEP, WALK, WALK

1&2 Step right back, rock left forward, recover to right
3&4 Triple step in place left, right, left
5&6 Step right back, step left together, step right forward
7-8 Walk forward left, right

(easier option for 1-4: step right forward, touch left beside, step left back, touch right beside)

ANCHOR STEP, TRIPLE IN PLACE, COASTER STEP, STEP ¼ PIVOT

1&2 Step left back, rock right forward, recover to left
3&4 Triple step in place right, left, right
5&6 Step left back, step right together, step left forward
7-8 Step right forward, turn ¼ left (weight to left) [9:00]

(easier option for 1-4: step left forward, touch right beside, step right back, touch left beside)

CROSS, TURN ¼ R, TURNING SHUFFLE ¼ , CROSS, TURN ¼ L, TURNING SHUFFLE ¼

1-2 Cross right over left, turn ¼ right stepping left back [12:00]
3&4 Turn ¼ right shuffle right, left, right [3:00]
5-6 Cross left over right, turn ¼ left stepping right back [12:00]
7&8 Turn ¼ left shuffle left, right, left [9:00]

(easier option for 1-8: cross rock right, recover, shuffle right, cross rock left, recover, shuffle left)

CROSS, STEP BACK, SHUFFLE BACK, COASTER STEP, KICK BALL CHANGE

1-2 Step right across left, step left back
3&4 Shuffle back right, left, right
5&6 Step left back, step right together, step left forward
7&8 Kick right forward, step right down, step left beside

Repeat