

It Took A Woman

拍数: 53 墙数: 4 级数: Intermediate
编舞者: Ros Chaplin & Karen Kennedy (SCO) - May 2012
音乐: It Took a Woman - Craig Morgan : (Album: That's Why - iTunes)



16 Count Intro

HIP SWAYS X2, SIDE DRAG, ROCK BACK, SIDE TOGETHER ¼ TURN, SHUFFLE FORWARD

- 1-2 Step right to right to right side swaying hips to right, sway hips left
- 3-4& Step large step to right, drag left to right & rock back behind right, recover on right
- 5-6 Step left to left side, close right beside left
- 7&8 Turn ¼ left and step forward on left, step right beside left, step forward on left (9)

STEP, PIVOT ½ TURN, FULL TURN, ROCK, RECOVER, COASTER CROSS

- 1-2 Step forward on right, pivot ½ turn left (3)
- 3&4 Full turn forward stepping right, left, right

Easy Option : Run forward right, left, right

- 5-6 Rock forward on left, recover onto right
- 7&8 Step left back, step right beside left, cross left over right

SIDE DRAG/TOUCH, MAMBO ¼ TURN, PIVOT ½ TURN, SHUFFLE

- 1-2 Step right to right side, drag left to right touching beside right
- 3&4 Rock forward on left, recover onto right, make ¼ turn left (12)
- 5-6 Step forward on right, pivot ½ turn left (6)
- 7&8 Step forward on right, step left beside right, step forward on right

STEP, TAP, BACK, ½ TURN, STEP , TAP, BACK, ¼ TURN HIP SWAY X2

- 1-2 Step forward on left foot, tap right toe beside left instep
- 3-4 Step back on right, turn ½ stepping forward on left (12)
- 5-6 Step forward on right, tap left toe beside right instep
- 7-8& Step back on left, turn ¼ turn right swaying hip to right side, sway hip to left (3)

STEP, ROCK,RECOVER, ¼ TURN, ROCK, RECOVER, ½ TURN, ¼ SAILOR CROSS

- 1-2& Long step to right with right foot, drag left beside right into back rock
- 3-4 Recover on right, step back on left ¼ right (6)
- 5-6 Rock back on right, recover on left
- 7 Turn ½ left stepping back on right foot (12)
- 8&1 Cross left behind right turning ¼ left, step right to side, cross left over right (9)

* Restart Wall 2

STEP, DRAG, ROCK, ¼ RIGHT, ROCK, ¼ LEFT, SAILOR, CROSS ROCK

- 2-3 Long step to right with right foot, drag left to right foot
- 4-5 Rock back on left, recover on right
- 6-7 Step back on left ¼ right, rock back on right,
- 8-1 Recover on left Turn ¼ left stepping back on right, (9)
- 2&3 Cross left behind right, step right to side, step left beside right (9)
- 4-5 Cross right over left, recover on left

Start Again