

拍数: 64 墙数: 4 级数: Beginner / Improver
编舞者: Nicola Lafferty (UK) - September 2012
音乐: I'm a Woman - Wynonna : (Album: Sing Chapter 1)



Intro: 32 Count Intro

[1-8] Side, Touch, Side, Touch, Side, Together, ¼ Turn, Hold

1,2 Step RF to R side, Touch LF beside RF
3,4 Step LF to L side, Touch RF beside LF
5,6 Step RF to R side, Close LF to RF
7,8 Make ¼ Turn R as you step RF fwd (face 3.00), Hold

[9-16] Side, Touch, Side, Touch, Side, Together, Side, Hold

1,2,3,4 Step LF to L side, Touch RF beside LF, Step RF to R side, Touch LF beside RF
5,6 Step LF to L side, Close RF to LF
7,8 Step LF to L side, Hold (face 3.00)

[17-24] 4 x Toe Struts Back

1,2,3,4 Touch R toe back, Drop R heel, Touch L toe back, Drop L heel
5,6,7,8 Touch R toe back, Drop R heel, Touch L toe back, Drop L heel

[25-32] Side, Together, Side, Touch (Repeat)

1,2,3,4 Step RF to R side, Close LF to RF, Step RF to R side, Touch LF beside RF
5,6,7,8 Step LF to L side, Close RF to LF, Step LF to L side, Touch RF beside LF (face 3.00)

[33-40] Side, Hold, Cross, Hold (Repeat)

1,2,3,4 Step RF to R side, Hold, Cross LF over RF, Hold
5,6,7,8 Step RF to R side, Hold, Cross LF over RF, Hold (face 3.00)

[41-48] 4 x Toe Struts Forward

1,2,3,4 Touch R toe fwd, Drop R heel, Touch L toe fwd, Drop L heel
5,6,7,8 Touch R toe fwd, Drop R heel, Touch L toe fwd, Drop L heel

[49-56] Stomp, Hold, Stomp, Hold, Hip to R, Hip to L

1,2,3,4 Stomp RF to R diagonal, Hold, Stomp LF to L diagonal, Hold
5,6 Bend knees and roll R hip to R side
7,8 Bend knees and roll L hip to L side (face 3.00)

[57-64] Travelling Back, Step, Lock, Step, Hold (Repeat)

1,2,3,4 Step RF back, Cross LF over RF, Step RF back, Hold
5,6,7,8 Step RF back, Cross LF over RF, Step RF back, Hold (face 3.00)

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