

A Good Hearted Woman

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Absolute Beginner / Beginner
编舞者: Karen Tripp (CAN) - February 2014
音乐: A Good Hearted Woman - LeAnn Rimes : (Album: Lady and Gentlemen)



Right lead, 16 count wait - CCW rotation, ends facing 12:00 (No Tags Or Restarts)

[1-8] ROCK FORWARD, RECOVER, BACK SHUFFLE, ROCK BACK, RECOVER, FORWARD SHUFFLE

1-2 Rock forward right, recover on left
3&4 Step back on right, close left to right, step back on right
5-6 Rock back on left, recover on right
7&8 Step forward on left, close right to left, step forward on left

[9-16] 2 ROCKING CHAIRS TURNING ¼ LEFT (9:00)

9-12 Turn slightly left (1/8) as you rock forward on right, recover on left, rock back on right, recover forward on left
13-16 Repeat steps 9-12

[17-24] VINE 2, SIDE SHUFFLE, 2 KICK-BALL-CHANGES

17-18 Step side right, cross left behind right
19&20 Step side right, close left to right, step side right
21&22 Kick left foot out (keep it low), return left foot and take weight, step right
23&24 Kick left foot out (keep it low), return left foot and take weight, step right

Easier option for Kick-Ball-Changes:

21-22 Tap left heel diagonal forward, touch left next to right
23-24 Tap left heel diagonal forward, touch left next to right

[25-32] 2-COUNT VINE, SIDE SHUFFLE, BASKETBALL TURN TWICE (9:00)

25-26 Step side left, cross right behind left
27&28 Step side left, close right to left, step side left
29-30 Step forward right, turn ½ left and step on left (3:00)
31-32 Step forward right, turn ½ left and step on left (9:00)

Easier option for Basketball Turns:

29-30 Tap right heel diagonal forward, touch right next to left
31-32 Tap right heel diagonal forward, touch right next to left

Choreographer: Karen Tripp, Cranbrook, BC, Canada
Email: karen@trippcentral.ca - Website: www.trippcentral.ca/dance

Last Update - 19th Feb 2014