

# A Master and A Tigress (女人是老虎) (zh)

COPPER KNOB  
STEPSHEETS

拍数: 32                      墙数: 4                      级数: Improver  
编舞者: Nina Chen (TW) - 2014年05月  
音乐: Women Are Tigresses (女人是老虎)



Intro: 32 counts

## Section 1.[1 - 8] : HEEL HOOK X2 - FORWARD – LOCK – FORWARD - TOGETHER.

- 1-2                      Point R heel diagonal R - Hook RF cross over LF (Hitch R knee in front L knee but RF cross over)
- 3-4                      Point R heel diagonal R - Flick RF (hook RF behind)
- 5-6                      Step RF forward - Lock LF behind RF
- 7-8                      Step RF forward - Step LF together with RF  
(Bend both knees slightly and put hands together, palm to palm, as if in a prayer)
- 1-4                      右足跟斜前點 - 右足提起交於左足前 - 右足跟斜前點 - 右足提起向後勾起
- 5-8                      右足前踏 - 左足鎖於右足後 - 右足前踏 - 左足在右足旁併踏 (雙膝微曲 雙掌合攏如作禱告)

## Section 2.[9 - 16]: SWIVELS. X4

- 1-2                      On ball of RF and heel of LF twist both feet to L (body turning accordingly) - Return to previous position
- 3-4                      On ball of LF and heel of RF twist both feet to R (body turning accordingly) - Return to previous position
- 5-6                      On ball of RF and heel of LF twist both feet to L (body turning accordingly) - Return to previous position
- 7-8                      On ball of LF and heel of RF twist both feet to R (body turning accordingly) - Return to previous position  
(5-8 is a repeat of 1-4)
- 1-2                      提起左腳尖與右腳跟(保持左腳跟與右腳掌著地) 向左旋轉雙腳1/4 (身體跟著轉) - 回復.
- 3-4                      提起右腳尖與左腳跟(保持右腳跟與左腳掌著地) 向右旋轉雙腳1/4 (身體跟著轉) - 回復.
- 5-6                      提起左腳尖與右腳跟(保持左腳跟與右腳掌著地) 向左旋轉雙腳1/4 (身體跟著轉) - 回復.
- 7-8                      提起右腳尖與左腳跟(保持右腳跟與左腳掌著地) 向右旋轉雙腳1/4 (身體跟著轉) - 回復.  
(5-8 是1-4 的重複)

## Section 3.[17 - 24] : COASTER STEP – SCISSORS WITH 1/4 TURN - SIDE MAMBO X2

- 1&2                      Step RF back - Step LF beside RF - Step RF forward
- 3&4                      Step LF to L - Step RF beside LF - Turn R 1/4(3:00) Step RF forward
- 5&6                      Rock RF to R - Recover onto LF - Step RF next to LF
- 7&8                      Rock LF to L - Recover onto RF - Step LF next to RF
- 1&2                      右足後踏 - 左足併踏 - 右足前踏
- 3&4                      左足左踏 - 右足併踏 - 右轉1/4(3:00)左足前踏
- 5&6                      右足右下沉(推臀) - 重心回左足 - 右足併踏於左足旁
- 7&8                      左足左下沉(推臀) - 重心回右足 - 左足併踏於右足旁

## Section 4.[25 - 32]: FORWARD - TOUCH TOE – RECOVER - TURN FORWARD. X2

- 1-2                      Step RF forward - Touch LF toe behind RF
- 3-4                      Recover onto LF - Turn R 1/2 (9:00) and stepping RF forward
- 5-6                      Step LF forward - Touch RF toe behind LF
- 7-8                      Recover onto RF - Turn L 1/2 (3:00) and stepping LF forward
- 1-4                      右足前踏 - 左足尖在右足後輕點 - 重心回左足 - 向右轉1/2 (9:00)右足前踏
- 5-8                      左足前踏 - 右足尖在左足後輕點 - 重心回右足 - 向左轉1/2 (9:00)左足前踏

(5-8 是1-4 的重複)

**Tag 1:(8 counts)**

**at the end of wall 1, wall 5, wall 9 (facing 3:00)**

**at the end of wall 4, wall 8, wall 12 (facing the front wall)**

**WEAVE – TOUCH X2**

- 1-2 Step RF to R - Cross LF behind RF –
- 3-4 Step RF to R - Touch LF beside RF
- 5-6 Step LF to L - Cross RF behind LF –
- 7-8 Step LF to L - Touch RF beside LF
- 1-4 右足右踏 - 左足後交叉 - 右足右踏 - 左足在右足旁點
- 5-8 左足左踏 - 右足後交叉 - 左足左踏 - 右足在左足旁點

**Tag 2: (16 counts)**

**at the end of wall 2, wall 6, wall 10 (facing 6:00)**

**Section 1.[1 - 8] ROCKING CHAIR - ROCK – RECOVER – CHA CHA CHA**

- 1-2 Rock RF forward - Recover onto LF
- 3-4 Rock RF behind - Recover onto LF
- 5-6 Rock RF to R - Recover onto LF
- 7&8 Cha Cha Cha on the spot(RLR)
- 1-4 右足前下沉 - 重心回左足 - 右足後下沉 - 重心回左足
- 5-6 右足右下沉(推臀) - 重心回左足
- 7&8 原地恰恰恰(右左右)

**Section 2.[9 - 16] ROCKING CHAIR - ROCK – RECOVER – CHA CHA CHA**

- 1-2 Rock LF forward - Recover onto RF
- 3-4 Rock LF behind - Recover onto RF
- 5-6 Rock LF to L - Recover onto RF
- 7&8 Cha Cha Cha on the spot(LRL)
- 1-4 左足前下沉 - 重心回右足 – 左足後下沉 - 重心回右足
- 5-6 左足左下沉(推臀) - 重心回右足
- 7&8 原地恰恰恰(左右左)

**Have Fun & Happy Dancing!**

**Contact Nina Chen: [nina.teach.dance@gmail.com](mailto:nina.teach.dance@gmail.com)**

---