

# A Woman's Rant

COPPERKNOB  
BY STEPHEN

拍數: 56      牆數: 4      級數: Intermediate polka  
編舞者: Séverine Fillion (FR) - January 2015  
音樂: A Woman's Rant - Jo Dee Messina : (Album: Me)



Intro : 16 counts

## [1-8] TRIPLE STEP FWD (RIGHT & LEFT), STEP, TOUCH, & KICK & TAP

1&2-3&4      Triple step right – left – right fwd, Triple step left – right – left fwd  
5-6      Right step fwd, touch left toe just behind right  
&7      Recover on left back, Right Kick fwd  
&8      Recover on right fwd, Tap left toe just behind right

## [9-16] TRIPLE STEP BACK, COASTER STEP, ¼ TURN & SIDE, TOUCH, KICK BALL CROSS

1&2      Triple step left – right – left backward  
3&4      Right step back, left next to right, right step fwd  
5-6      ¼ turn right stepping left to left, touch right next to left 3:00  
7&8      Kick right diagonally right fwd, right next to left (slightly back), left cross over right

## [17-24] TRIPLE ¼ TURN, ROCK FWD, TRIPLE FULL TURN, STEP FWD, HEEL SPLIT

1&2      ¼ turn right & Triple step right – left – right fwd 6:00  
3-4      Rock step left fwd, recover on right  
5&6      Triple step left – right – left in place full turning left  
7&8      Right step fwd, separate both heels OUT, recover both heels IN

## [25-32] WALKS BACKWARD with HEEL SPLIT, COASTER STEP, STEP ½ TURN

1&2      Right step back, separate both heels OUT, recover both heels IN  
3&4      Left step back, separate both heels OUT, recover both heels IN  
5&6      Right step back, left next to right, right step fwd  
7-8      Left step fwd, Turn ½ right 12:00

## [33-40] STOMP FWD-BOUNCE (SWITCH LEFT & RIGHT), HEEL SWITCH, HEEL HOOK HEEL

1&2      Stomp left fwd, lift and drop left heel in place  
&3&4      Recover on left, Stomp right fwd, lift and drop right heel in place  
&5&6      Recover on right, touch left heel fwd, recover on left, touch right heel fwd  
&7&8      Recover on right, touch left heel fwd, Hook left, touch left heel fwd  
&      Recover on left

\* Restart – wall 2

## [41-48] STOMP FWD-BOUNCE (SWITCH RIGHT & LEFT), HEEL SWITCH, STOMP, ¼ TURN & KICK, HOOK

1&2      Stomp right fwd, lift and drop right heel in place  
&3&4      Recover on right, Stomp left fwd, lift and drop left heel in place  
&5&6      Recover on left, touch right heel fwd, recover on right, touch left heel fwd  
&7-8      Recover on left, Stomp right next to left, ¼ turn right with right Kick fwd 3:00  
&      Hook right cross over left leg

## [49-56] TRIPLE FWD, STEP ½ TURN, STOMP, STOMP, APPLEJACKS

1&2      Triple step right – left – right fwd  
3-4      Left step fwd, Turn ½ right 9:00  
5-6      Stomp left in place, Stomp right next to left  
&7&8      Applejacks in place

**RESTART : On wall 2 at 9:00, Restart the dance at the beginning after 40 counts**

**TAG : At the end of wall 3 : Dance one time more the 8 last counts (49-56) then restart at 12:00**

**At the end of wall 5 : Dance 3 times more the 8 last counts (49-56) then restart at 12:00**

**Start again and enjoy!**

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