

It Takes Balls To Be A Woman

COPPERKNOB
BY SHEETS

拍數: 88 牆數: 4 級數: Intermediate ECS
編舞者: Chrystel DURAND (FR) - June 2015
音樂: Sometimes It Takes Balls to Be a Woman - Elizabeth Cook : (iTunes)



Intro : 1x8 counts

[1-8] TRIPLE RIGHT SIDE, ROCK BACK, TRIPLE LEFT SIDE, ROCK BACK

1&2 Triple step R-L-R to the right
3-4 Rock step left back - recover on right
5&6 Triple step L-R-L to the left
7-8 Rock step right back - recover on left

[9-16] KICK BALL CHANGE x 2, KICK R & L FORWARD, ¼ TURN RIGHT AND KICK R & L FORWARD

1&2 Right kick fwd – right ball next to left - recover on left
3&4 Right kick fwd – right ball next to left - recover on left
5&6 Right kick fwd – recover on right – left kick fwd
&7&8 ¼ turn right and recover on left - right kick fwd – recover on right – left kick fwd 3.00

[17-24] TRIPLE LEFT SIDE, ROCK BACK, TRIPLE RIGHT SIDE, ROCK BACK

1&2 Triple step L-R-L on left
3-4 Rock step right back - recover on left
5-6 Triple step R-L-R on right
7&8 Rock left back - recover on right

[25-32] HEELS SWITCHES, ¼ TURN LEFT AND TOE SWITCHES, HEEL SWITCHES, ¼ TURN RIGHT AND TOE SWITCHES

1&2& Left heel fwd – left next to right - right heel fwd – right next to left
3&4& ¼ turn left and left toe behind – left next to right – right toe behind – right next to left
5&6& left heel fwd – left next to right – right heel fwd – right next to left
7&8 ¼ turn left and left toe behind – left next to right – right toe behind 9 .00

[33-40] TRIPLE FORWARD, KICK, TOUCH, KICK BALL STEP, STEP ½ TURN

1&2 Triple step R-L-R fwd
3-4 Left kick fwd – left touch next to right
5&6 Left kick fwd – left ball next to right – right step fwd
7-8 Left step fwd – ½ turn to the right (weight on right) 3.00

[41-48] TRIPLE FORWARD, KICK, TOUCH, KICK BALL STEP, STEP ¼ TURN

1&2 Triple step L-R-L fwd
3-4 Right kick fwd – right touch next to left
5&6 Right kick fwd – right ball next to right – left step fwd
7-8 Right step fwd – ¼ turn to the left (weight on left) 12.00

[49-56] CROSS TRIPLE, PIVOT ¼, PIVOT ¼, CROSS TRIPLE, ROCK ¼ TURN LEFT

1&2 Cross right over left - left on left side - cross right over left
3-4 ¼ turn right stepping left back – ¼ turn right stepping right on right side
5&6 Cross left over right - right on right side - cross left over right
7-8 Right rock on right side – ¼ turn left recovering on left 3.00

Restart here on walls 1, 3 and 5

[57-64] KICK FORWARD, KICK RIGHT SIDE, COASTER STEP, KICK FORWARD, KICK LEFT SIDE, COASTER STEP

1-2 Right kick fwd - right kick on right side
3&4 Right step back - left next to right - right step fwd
5-6 Left kick fwd - left kick on left side
7&8 Left step back - right next to left - left step fwd

[65-72] STEP LOCK STEP, STEP LOCK STEP, OUT OUT

1-2-3 Right step fwd – lock left behind right - right step fwd
4-5-6 Left step fwd - lock right behind left - left step fwd
7-8 Right step diagonally right fwd (place right hand on right hip) Left step diagonally left fwd
(place left hand on left hip)

[73-80] BUMPS

1-2 left hip bump twice
3-4 right hip bump twice
5-6 left hip bump - right hip bump
7-8 left hip bump - right hip bump

Drow hands away

[81-88] IN IN, HOLD, OUT OUT, HOLD, CROSS, HOLD, FULL TWIST TURN

&1-2 Left step slightly back in – right next to left - hold
&3-4 Left step slightly back out - right step slightly back out - hold
&5-6 Left step in – Cross right over left - hold
7-8 unwind a full turn (ending left cross over right with weight on left)

Restarts : -

Dance to the counts 56 (rock step - 1/4 turn left recovering on left) and restart the dance from the beginning

On wall 1 (at 3.00)

On wall 3 (at 9.00)

On wall 5 (at 3.00)

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