Proud Woman!

拍數: 32	牆數: 4	級數: Intermediate

編舞者: Fred Whitehouse (IRE) & Niels Poulsen (DK) - October 2015

音樂: Woman - Stine Bramsen : (iTunes)

Intro: 32 count intro from first beat in music (17 secs. into track). Start with weight on L foot
*1 Tag: Comes after wall 5, facing 9:00. Tag finishes facing 6:00 – Tag description at bottom of page

Ending: You naturally end facing 12:00! Your last wall starts at 12:00 and finishes on count 15...
To end in a proud female style you can choose to step R to R side leaning into your R hip giving it lots of girly attitude with hands on hips. OR strike a different strong female pose!...

[1 – 8] R hitch & heel, ball step, swivel R L heels ¼ L, behind side cross shuffle, side, touch

1&2	Hitch R knee (1), step back on R (&), touch L heel fwd (2) 12:00
&3&4	Step L down (&), step R fwd (3), swivel L heel R turning 1/8 L (&), swivel R heel R turning 1/8 L (4)
–	You've now turned ¼ L in total 9:00
5&6	Cross L behind R (5), step R to R side (&), cross L over R (6) 9:00
&7&8	Step R to R side (&), cross L over R (7), step R to R side (&), touch L behind R (8) 9:00

[9 – 16] Push hip L, ¼ L with knee pop, L step lock step, step ½ L, R rock & point R back

1 – 2	Rock L to L side pushing hip L (1), recover on R turning ¼ L and popping L knee fwd and popping L shoulder up and R shoulder down (2) 6:00
3&4	As shoulders return to neutral step L fwd (3), lock R behind L (&), step fwd on L (4) 6:00
5 – 6	Step R fwd (5), turn ½ L onto L (6) Styling for count 5: cross arms in front of each other and snap fingers as arms continue up, out to side and down again 12:00
7&8	Rock R fwd (7), recover back on L (&), point R backwards (8) 12:00

[17 – 24] Sit down on R (w. head move), recover, fwd & side rock, jazz ¼ L into chasse ¼ L fwd

1 – 2	Step down on R sitting down in R hip (1), recover L fwd (2)

Styling for head roll: look down,then up, then over your R shoulder (1), roll head back to the front recovering onto L (2)12:00

3&4	Step R fwd (3), rock L to L side (&), recover on R (4) 12:00
5 – 6	Cross L over R (5), turn ¼ L stepping back on R (6) 9:00
7&8	Step L to L side (7), step R next to L (&), turn ¼ L stepping fwd on L (8) 6:00

[25 – 32] R rocking chair, R kick & point, hip roll with L hip pop, hip roll ¼ R with R knee pop

1&2&	Rock R fwd (1), recover back on L (&), rock back on R (2), recover fwd on L (&) 6:00
3&4	Kick R fwd (3), step R next to L (&), point L to L side (4) 6:00
5 – 6	Roll hips anti-clockwise in a circle (1), pop hip to the L (6) 6:00
7 – 8	Roll hips clockwise in a circle (7), turn ¼ R popping R knee fwd and snapping both fingers to the sides (8) 9:00

Tag (Comes once only, facing 9:00. It's literally 8 counts repeated plus 2 extra walks.
Note that the beat in the Tag is pretty difficult to hear. Listen to Stine's voice and dance after that…)

[1 – 8] Fwd sweep, weave, behind turn step, L full turn, step ¼ rock R, sway L R with looks

1	Fwd on R sweeping L fwd (1) 9:00
2&3	Cross L over R (2), step R to R side (&), cross L behind R sweeping R to R side (3) 9:00
4&5	Cross R behind L (4), turn ¼ L stepping L fwd (&), step R fwd spinning a full turn L on R (5) 6:00
6&7	Step down on L (6), turn ¼ L rocking R to R side (&), recover to L looking to L side (7) 3:00
8&	Rock R to R side looking to R side (8), recover to L dragging R next to L (&) 3:00

[9 – 18] Fwd sweep, weave, behind turn step, L full turn, step ¼ rock R, sway L R with looks, ¼ L walking R L

1	Fwd on R sweeping L fwd (1) 3:00
2&3	Cross L over R (2), step R to R side (&), cross L behind R sweeping R to R side (3) 3:00
4&5	Cross R behind L (4), turn ¼ L stepping L fwd (&),step R fwd spinning a full turn L on R (5) 12:00
6&7	Step down on L (6), turn ¼ L rocking R to R side (&), recover to L looking to L side (7) 9:00
8&1 – 2	Rock R to R side looking to R side (8), turn ¼ L recovering on L (&), walk R fwd (1), walk L fwd (2) 6:00

GOOD LUCK and HAPPY DANCING

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