

Woman

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Annette Lapp (DK) - October 2016
音樂: Woman - Los Cafres : (Album: Woman - John Lennon - iTunes)



Intro: 16 count

Mambo Forward, Shuffle Back, Coaster Step, Shuffle ¼ Turn Left

1 & 2 Step right forward, Step back on left, step right beside left
3 & 4 Step left back, step right beside left, step left back
5 & 6 Step right back, Step left beside right, step right forward
7 & 8 Step ¼ left, stepping left to left side, step right beside left, step left to left side

Walk, Walk, Heel Switches, Point, Point, Rock Recover

1 – 2 Walk forward on right, walk forward on left
3 & 4 & Touch right heel forward, step right beside left, touch left heel forward, step left beside right
5 & 6 & Point right to right, right beside left, point left to left, left beside right
7 - 8 Rock right forward, recover onto left

Side Together, Scissor Step, Step Turn Step, Shuffle Forward Right

1 – 2 Step right to right side, step left beside right
3 & 4 Step right to right side, step left beside right, cross right over left
5 & 6 Step left forward, ½ turn right stepping right forward, step left forward

* Restart on wall 2 (06.00) and 5 (09.00)

7 & 8 Step right forward, step left beside right, step right forward

Side, Together Cross x 2, Long Step Left, Kick Ball Change

1 & 2 Step left to left, step right beside left, cross left over right
3 & 4 Step right to right, step left beside right, cross right over left
5 – 6 A Long step to left, slide right beside left * restart on wall 7 (03.00)
7 & 8 Kick right forward, step on ball right beside left, change weight to left in place

Restarts:

On wall 2 and 5 after 22 count

On wall 7 after 30 count

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