

Revenge of a Middle Aged Woman

COPPER **NOB**
BY STEPHENETS

拍數: 48 牆數: 4 級數: Easy Intermediate
編舞者: Lizzie Clarke (SCO), Rob Fowler (ES) & Max Perry (USA) - November 2016
音樂: Revenge of a Middle-Aged Woman - Tracy Byrd : (Album: Greatest Hits - on MP3
from Amazon)



Start Dance: After 16 count intro.

Section 1: Walk Rt, Lft, Step Pivot ½ Lft, Step fwd Rt, Side Rock recover cross, Step Rt, Lft behind, Step Rt

1,2 Walk forward right then left
3&4 Step Fwd on Rt & Pivot ½ turn Lft, Step Fwd on Rt
5&6 Rock Lft to side recover weight onto Rt, cross step Lft over Rt
7&8 Step Rt to Rt side & step Lft behind Rt, Step Rt to Rt side

Section 2: Cross Rock Recover, ¼ Turn L, Step Pivot ½ Lft cont. turning ½ Lft stepping back on Rt, Lft Coaster Step, Rt forward shuffle.

1&2 Cross rock Lft & recover on Rt, turning ¼ turn Lft stepping onto Lft
3&4 Step Fwd on Rt pivot ½ turn Lft, continue turning ½ Lft stepping back on Rt
5&6 Step Back on Lft, Step Rt beside Lft, Step Forward Lft
7&8 Step Fwd on Rt & bring Lft t beside Rt, step Fwd on Rt

Section 3: Side touch, Side touch, Side together side, Cross rock recover, ¼ turn Rt, pivot ¼ turn Rt, Cross

1&2& Step Lft to Lft side touch Rt beside Lft, Step Rt to Rt side touch Lft beside Rt.
3&4 Step Lft to Lft side & bring Rt beside Lft, Step left to Lft side
5&6 Cross rock Rt over left & recover on Lft, step Rt to right whilst turning ¼ turn right
7&8 Step Fwd on Lft & pivot ¼ turn Rt & cross Lft over Rt t

Section 4: Toe, Heel Stomp, Coaster Step, Rumba Box Back, Side Together ¼ Left

1&2 Tough Rt Toe beside Lft & Touch Lft Heel Beside Rt, Stomp Rt forward
3&4 Step Back on Lft, Step Rt beside Lft, Step Forward Lft
5&6 Step Rt to Rt side & bring Lft beside Rt, Step Rt foot back
7&8 Step Lft to Lft side & bring Rt beside Lft, step Lft to Lft side turning ¼ turn Lft.

Restart dance here on 6th Wall

Section 5: Toe, Heel Stomp, Coaster Step, Rumba Box Back, Side Together ¼ Left

1&2 Tough Rt Toe beside Lft t & Touch Lft Heel Beside Rt, Stomp Rt forward
3&4 Step Back on Lft, Step Rt beside Lft, Step Forward Lft

Restart dance here on 5th & 7th Walls (the music will tell you!!)

5&6 Step Rt to Rt side & bring Lft beside Rt, Step Rt back
7&8 Step Lft to Lft side & bring Rt beside Lft, step Lft to Lft side turning ¼ turn Lft.

Restart dance here on 3rd Wall

Section 6: Fwd.touch, back touch, Rt Shuffle Fwd, Step Pivot ½ Turn Rt, ½ turn Rt into a back Lock Step

1&2 Step Fwd on Rt, touch Lft behind Rt, Step back on Lft & touch Rt beside Lft
3&4 Step Fwd on Rt & bring Lft beside Rt, step Fwd on Rt
5&6 Step Fwd on Lft & Pivot ½ turn Rt, turn another ½ turn Rt stepping back on Lft
7&8 Cross Rt over Lft & step back on Lft f & slightly hook Rt over left ankle

Start Over.....Happy Dancin'.....Keep Smilin'

(To keep the phrasing on this music there are 4 Restarts on walls 3,5,6 & 7 so sorry)

Restart on Wall 3 dance up to the end of Section 5 and start the dance from the beginning

Restarts on walls 5& 7 dance up to counts 3&4 on Section 5 and start the dance from the beginning
Restart on Wall 6 dance up to the end of Section 4 and start the dance from the beginning

This is the order of the dance First 2 walls full dance, 3rd Wall dance up to count 40, 4th Wall full dance, 5th Wall 36 counts, 6th Wall 32 counts, 7th Wall 36 counts, 8th Wall full dance.
Good Luck xxx
