

Good Woman

COPPERKNOB
BY STEPHEN HETS

拍數: 48 牆數: 2 級數: Phrased Advanced
編舞者: Christa Thomas (USA) - June 2017
音樂: Good Woman - La'Porsha Renae



Dance begins on 1st beat

Sequence: A, B, TAG, A,*A, B, A,*A,*A*

*On walls marked with an asterisk turn ¼ turn left to start the dance on the proper wall ie front or back alternated. Dance ends with ¼ turn left to face the front wall.

Part A - 32 Counts

A[1-8] Rock, 1/4 turn, ½ sweep, full turn, rock, rec, run back, rock, ¼ hitch

- 1,2,3 R rock right side (1), L recover ¼ turn left (2), R step forward whilst sweeping L ½ turn right (3) (3:00)
- 4&a,5 L step forward (4), R step back ½ turn left (&), L step forward ½ turn left (a), R rock forward (5)
- 6&a7,8 L recover (6), step back R-L (&a), R rock back (7), L spin ¼ turn left whilst hitching R (8) (12:00)

A[9-16] Sweep, Twinkle, Sweep, twinkle, Twinkle ½ turn, twinkle forward, Sweeps back

- 1,2&a R cross over L while sweeping L forward (1), L cross over R (2), R step back (&), L step slightly to side (a)
- 3,4&a5,6 R cross over L while sweeping L forward (3), L cross over R (4), R step back (&), L step slightly to side (a)
- 5&a R cross over L (5), L step back ¼ turn right (&), R step forward ¼ turn R (a)
- 6&a L step forward (6), R step together with L (&), L step in place (a)
- 7,8 Right step back whilst sweeping L back (7) L step back whilst sweeping R sweep back (8) (6:00)

A[17-25] Back, point, ¼ turn, Full turn twinkle, ½ Spin, step, ½ rock, rec, full turn, sweep

- a1,2 R rock back (a), point L forward (1), L step forward whilst spinning ¼ turn left and hitching R (2) (3:00)
- 3&a R step forward (3), L step back ½ turn right (&), R step together with L (a) (9:00)
- 4&a L step back (4), R step forward ½ turn right (&), L step together with R (a) (3:00)
- 5,6a7 R step forward whilst spinning ½ turn R and hitching L (5), L step forward (6), R step back ½ turn left (a), L rock step back (7)
- 8a R recover forward spinning ½ turn right(8), L step together with R spinning ½ turn right (a)
- 1 R step forward while sweeping L forward (1)

A[26-32] Walk fwd, press, recover, back, rock, recover ½ turn, back, rock

- 2,3 L cross step forward dragging R forward (2), R cross step forward dragging L forward (3)
- 4 L press step forward extending left arm forward (4),
- 5a6 R recover (5), L step back (a), R rock step back (6)
- 7a8 L recover (7), R step back ½ turn left (a), L rock back (8) (9:00)

Part B – 16 Counts

B[1-8] ½ Twinkle, ½ twinkle, ¼ sweep, cross, 1/2 turn, sway, sway, sway, ¼ hitch

- 1&a R step forward (1), L step back ½ turn right (&), R step together with L (a)
- 2&a L step back (2), R step forward ½ turn right (&), L step together with R (a) (9:00)
- 3 R step forward spinning ¼ turn right and sweeping L forward (3)(12:00)
- 4a L cross over R (4), R step back ½ turn left (a) (6:00)
- 5,6,7 L step side swaying shoulders left (5), sway right (6), sway left (7)
- 8 Sway right spinning ¼ turn right and sweeping L (9:00)

B[9-16] Cross, rocks, step, touch, back, touch, ½Turn, rock, ¼ Sweep, step

- 1&a2&a L cross over R (1), R rock side (&), L recover (a), R cross over L (2), L rock side (&), R recover (a)
- 3&a L step forward (3), touch R behind L (&), hold (a)
- 4&a R step back (4), L touch forward (&), hold (a)
- 5a6 L step forward (5), R step back ½ turn left (a), L rock step back (6) (3:00)
- 7,8 R step forward spinning ¼ turn right (7), L step side (8) (6:00)

Tag:

- 1 Sway R to right side while looking to right with left arm extended down to side
- 2 Sway L to left side while drawing R in to L looking left and drawing back of left hand to forehead

Enjoy!!!

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