

# Extreme Country Women

COPPER KNOB  
STEPPERS

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Luca Di Nicola (IT) - January 2018  
音樂: A Better Woman - Beccy Cole



## S1: MAMBO STEP, COASTER STEP, SAILOR 1/2 TURN CROSS, SIDE & HEEL, RECOVER & CROSS

1            step forward on your right  
e            recover onto your left  
2            step right next to left  
3            step back on left  
e            bring right next to left  
4            step forward left  
5            step right behind left  
e            make ¼ turn right, stepping left forward  
6            make ¼ turn right, crossing right forward left  
e            step left to left side  
7            present right heel forward  
e            step right next to left  
8            cross left forward right

## S2: KICK BALL TOUCH x2, STEP FORWARD, ½ TURN, FULL TURN, STOMP

1            kick right forward  
e            step right next to left  
2            touch left toe to left side  
3            kick left forward  
e            step left next to right  
4            touch right toe to right side  
5            step right forward  
6            make ½ turn to left  
7            full turn to right  
8            stomp left next to right

## S2: MONTEREY ½ TURN WITH HOOK, ROLLING GRAPEWINE

1            point right to the right  
2            ½ turn to the right, recover on right  
3            point left to the left  
4            hook left forward right  
5            turn ¼ to left and step forward on left  
6            turn ¼ to left and step right to right side  
7            turn ½ to left and step left to left side  
8            touch left next to right

## S4: ½ TURN TOE STRUTS, ½ TURN TOE STRUTS, JAZZ BOX

1            ½ turn to the left touching right toe backward  
2            drop in place  
3            ½ turn to the left touching left toe forward  
4            drop in place  
5            cross right over left  
6            right step backward  
7            step right to the right  
8            step left forward

**TAG: dopo i primi 24 tempi al 3° muro**

**S1: K STEP**

- 1 step right in diagonal forward
- 2 touch left next to right
- 3 step left in diagonal backward
- 4 touch right next to left
- 5 step right in diagonal backward
- 6 touch left next to right
- 7 step left in diagonal forward
- 8 touch right next to left

**S2: SHUFFLE FORWARD RIGHT, ½ TURN LEFT AND SHUFFLE FORWARD LEFT, STEP, ¼ LEFT TURN, STEP, ¼ LEFT TURN**

- 1 step forward on right foot
- e step left next to right
- 2 step forward on right foot
- 3 ½ left turn, step forward on left foot
- e step right next to left
- 4 step forward on left foot
- 5 step forward right
- 6 on ball of left foot make ¼ turn left
- 7 step forward right
- 8 on ball of left foot make ¼ turn left

**RESTARTS:**

on wall 6, dance up to count 24

on wall 7, after 20 count, add 2 stomp ( R & L ) and restarts

**FINAL: do it at the end of 10th wall after only 6 counts MAMBO STEP, COASTER STEP, SAILOR ½ TURN, STOMP**

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