

Woman, Amen - Female

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Lene Mainz Pedersen (DK) - October 2018
音樂: Woman, Amen / Female - Home Free : (iTunes)



Start after 32 counts

[1-8] R LOCK STEP, SCUFF L, L LOCK STEP, SCUFF R

1 - 4 Step R fwd, Lock L behind R, Step R fwd, Scuff L Foot
5 - 8 Step L fwd, Lock R behind L, Step L fwd, Scuff R Foot

[9-16] JAZZ ¼ R, STEP, JUMP RL FWD, HOLD, JUMP LR BACK, HOLD

1 - 4 Cross R in front of L, Turn ¼ R stepping back on L, Step R to R side, Step L fwd (3:00)
&5 - 6 Jump R fwd on R, Jump L fwd on L, HOLD & Clap
&7 - 8 Jump R back, Jump L back, HOLD & Clap

[17-24] SLOW HEEL JACKS R & L

1 - 4 Step R to R side, Cross L in front of R, Step R to R side, Put L Heel out to L diagonal
5 - 8 Step L to L side, Cross R in front of L, Step L to L side, Put R Heel out to R diagonal

[25-32] ROCKING CHAIR, STEP ½ TURN L, WALK RL

1 - 4 Rock fwd on R, Recover on L, Rock back on R, Recover on L
5 - 6 Step R fwd, Turn ½ L recover on L (9:00)
7 - 8 Walk R fwd, Walk L fwd

(Option; Fullturn L: Make a ½ turn L stepping back on R, Make a ½ turn L stepping L fwd)

Start again

EASY Restart: On wall 3 (Starts 6:00) Restart after 16 Counts (Now facing 9:00)

**2 EASY Tags:

After wall 7 (9:00) ROCKING CHAIR

After wall 9 (3:00) ROCKING CHAIR X2

1 - 4 Rock fwd on R, Recover on L, Rock back on R, Recover on L

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