

First Be A Woman

拍數: 64 牆數: 2 級數: Improver
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音樂: First Be A Woman by Gloria Gaynor (new version)



Start On Vocal

Tag : After Wall 2 and After Wall 4

S-1: Vine, side touch

1-2 Step R on R side, Step L behind R,
3-4 Step R on R side, Touch L beside R
5-6 Touch L on L side, Touch L beside R
7-8 Touch L on L side, Touch L beside R

S-2: Side, Behind, Turn , Brush, Jazzbox Touch

1-2 Step L on L side, Step R behind L
3-4 1/4 turn L Step On forward, Brush R on forward
5-6 Cross R over L, Step back on L
7-8 Step R beside L, Touch L on L side

S-3: Pivot2x, V step and Touch

1-2 Step forward on L 1/2 turn R forward on R
3-4 Step forward on L, 1/2 turn R forward on R
5-6 Step diagonal forward on L, Step diagonal forward on R
7-8 Step back on L, Touch R beside L

S-4: side, Touch, L- R, Turn , Walk, Walk

1-2 Side R to R side, Touch L beside R
3-4 Side L to L side, Touch R beside L
5-6 1/4 turn R forward on R, 1/4 turn R forward on L
7-8 Step forward on R, Step forward on L

S-5: Forward, Couster Step, Turn, Cross , Hold

1-2 Step forward on R, Recover on L
3&4 Step back on R, Step L beside R, Step forward on R
5-6 Step forward on L, 1/4 turn R recover on R
7-8 Cross L over R, Hold

S-6: Monterey, Rocking Chair

1-2 Touch R to R side, Turn 1/4 R Step R beside L
3-4 Touch L to L side, Step L beside R on to R
5-6 Step Forward on R, Recover on L
7-8 Step Back on R, Recover on L

S-7: Side Hitch R-L, Turn Hitch

1-2 Step R to R side, Hitch Cross L over R
3-4 Step L to L side, Hitch Cross R over L
5-6 Step forward on R, 1/4 turn L weight on L
7-8 Step forward on R, Hitch on L

S-8: Jazzbox Touch, Side Touch R-L

1-2 Cross L over R, Step back on R
3-4 Step L to L side, Touch R beside L

5-6 Step R to R side, Touch L beside R
7-8 Step L to L side, Touch R beside L

TAG :

1-2 Step R to R side, Step L behind R
3-4 Step R to R side, Cross L over R
5-6 Step R to R side, Step L behind R
7-8 Recover on R, Touch L beside R

1-2 Step L to L side, Step R behind L
3-4 Step L to L side, Cross R over L
5-6 Step L to L side, Step R behind L
7-8 Recover on L, Touch R beside L

We Hope You Love the Dance

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