

Full Time Woman

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Frank Heelan (IRE) - January 2019
音樂: More Where That Came From - Cliona Hagan



Intro: 16 Counts

Restarts 2: --

First Restart on wall 3 dance first 24 counts and Restart facing 6.00.

Second Restart on wall 6 dance first 24 counts and Restart facing 12.00.

Sec 1: Cross rock, side rock, back rock, side, coaster step, turn, turn.

1&2& Cross rock right over left, recover to left, rock right to right, recover to left.
3&4 Rock right behind, recover to left, step right to right.
5&6 Step back left, right together, forward left.
7-8 Pivot ½ right (Weight to right) turn ½ right stepping back on left. (12.00)

Sec 2: Sailor step, behind turn step, step turn step, ball step, step.

1&2 Sweeping right behind left, recover to left, step right to right.
3&4 Step left behind, turn ¼ right stepping forward right, forward left. (3.00)
5&6 Step forward right pivot ½ left stepping on left, forward right.
&7-8 Step on ball of left, step forward ,right , left.

Sec 3: Mambo step, back, back, back, coaster step, step turn cross.

1&2 Rock forward on right, recover to left, step right next to left.
3&4 Run back, left, right, left.
5&6 Step back on right, left together, forward right.
7&8 Step forward on left, pivot ¼ right, cross left over right.(12.00)

Sec 4: Chasse right, sailor ¼ left, shuffle ½ turn, shuffle ½ turn.

1&2 Step right to right, left together, right to right
3&4 Sweeping left around behind right turning ¼ left, step right to right, recover to left.
5&6 Turn ¼ left, step right to side, left together, turn ¼ left, step back right.
7&8 Turn ¼ left, step left to side, right together, turn ¼ left step forward left. (9.00)

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