

The Woman Before Me

COPPERKNOB
BY STEPHEN HETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Kirsteen Currie (UK) - March 2019
音樂: The Woman before Me - Trisha Yearwood



Intro: 8 counts

Walk, Walk, step 1/4 turn left, cross, full turn right, step, rock back, rec, step side

1-2 Walk forward right, Walk forward left
3&4 Step right forward, 1/4 turn left, cross right over left
5&6 1/4 turn right stepping back on left, 1/2 turn right stepping forward on right, 1/4 turn right stepping left to left

(Easy option: Side shuffle left)

&7 Step right next to left, step left to left side
8&1 Rock back right, recover on left, large step to right

Behind, side, cross, 1/4, 1/4, cross rock, rec, side, cross, full turn left

2&3 Step left behind right, step right to right side, cross left over right
&4 1/4 turn left stepping back on right, 1/4 turn left stepping left to left side
5-6 Cross rock right over left, recover on right
&7 Step right to right side, cross left over right
8&1 1/4 turn left stepping back on right, 1/2 turn left stepping forward on left, 1/4 left stepping right to right side

(Easy option: side shuffle right)

Sailor 1/4 turn, and step, mambo 1/2 turn right, 1/2 turn right sweep, behind, side, cross

2&3 Cross left behind right making 1/4 turn left, step right beside left, step forward on left
&4 Step right next to left, step forward left
5&6 Forward rock on right, recover on left, 1/2 turn right stepping forward on right
7 1/2 turn right stepping back on left, sweeping right
8&1 Step right behind left, step left to left side, cross right over left

Swivel 1/2 turn left, swivel 1/2 turn right with sweep, rock back, rec, step side, rock back, rec, 3/4 spiral turn right

2-3 Swivel 1/2 turn left, swivel 1/2 turn right sweeping right
4&5 Rock back on right, recover on left, large step to right
6&7 Rock back on left, recover on right, 3/4 turn right stepping back on left, hooking right in front of left
8& Step forward on right, step left next to right

Tag/Restart:

On wall 5 dance up to section 4 count 4& (Rock back right, rec) and add

1-2 sway right, sway left (taking weight on left)

Then Restart the dance