

Natural Woman

COPPER KNOB
STEPSHEETS

拍數: 96 牆數: 2 級數: Intermediate waltz
編舞者: Lu Olsen (AUS) & Julie Hearne (AUS) - March 2019
音樂: (You Make Me Feel Like) A Natural Woman - Aretha Franklin : (Album: Love Songs - iTunes)



#4 count intro - Short walls/chorus very easy to hear

[1 – 12] Diag, Drag, Full R Turn travel to Right, L Twinkle fwd, ½ R turn Twinkle

1, 2, 3 Step L fwd to left 45, Drag R towards L (2 counts) 12.00
4, 5, 6 ¼ Right turn & step R fwd, ½ Right turn & step L back, ¼ Right turn & step R to Right
1, 2, 3 (Left twinkle moving fwd) Cross L over R, Step R to Right, Step L to Left
4, 5, 6 (1/2 turn R twinkle) Cross R over L, ¼ Right turn & step L back, ¼ Right turn & Step R to Right, 6.00

[13 – 24] Fwd, Sweep ¼ turn, Cross, ½ turn, Fwd, Recover, ¼ fwd, R lock fwd

1, 2, 3 Step L fwd, Sweep R into ¼ left turn (2 counts) 3.00
4, 5, 6 Cross R over L, ¼ Right turn & step L back, ¼ Right turn & step R fwd, 9.00
1, 2, 3 Rock L fwd, Replace wght onto R, ¼ Left turn & step L fwd, 6.00
4, 5, 6 (R lock fwd) Step R fwd, Lock L behind R, Step R fwd, 6.00

[25 – 36] Fwd, 7/8R spiral, Fwd, Fwd, Full spiral, Fwd, Fwd, Recover, ¼ Side, Cross, Side, Cross

1, 2, 3 Step L fwd(6.00), Spiral 7/8th Right turn on LF(5.00), Step R fwd 5.00
4, 5, 6 Step L fwd(5.00), Spiral Full Right turn on LF (5.00), Step R fwd 5.00
1, 2, 3 Step L fwd, Replace wght onto R, ¼ Left turn & step L to Left (1.00) 1.00
4, 5, 6 Cross R over L, Step L to Left, Cross R over L(1.00) 1.00

[37 – 48] Side, Drag, ¼ fwd (5.00), ½ Tog, 1/8th Tog, Basic, Back, ½ fwd, Fwd

1, 2, 3 Step L to Left, Drag R to LF(1.00) (2 counts) 1.00
4, 5, ¼ Right turn & Step R fwd (5.00), ½ Right turn & step L beside R(11.00),
6 1/8th Right turn & Step R tog (Straighten to 12.00) 12.00
1, 2, 3 (L basic) Step L fwd, Step R beside L, Step L beside R
4, 5, 6 ## Step R back, ½ Left turn & step L fwd, Step R fwd ## 6.00

[49 – 60] Fwd/Jump, Quick sweep over, Back, Back, Cross, Back, L Coaster, Fwd, ½ Back, ¼ Fwd

1, 2, 3 Step L fwd (Option Jump L fwd), Quick sweep/step R over L, Step L back 6.00
4, 5, 6 Step R back, Cross L over R, Step R back
1, 2, 3 (L Coaster) Step L back, Step R beside L, Step L fwd
4, 5, 6 Step R fwd, ½ Right turn & step L back, ¼ Right turn & step R fwd 3.00

[61 – 72] Fwd/Jump, Quick sweep over, Back, Back, Cross, Back, L Coaster, Fwd, ½ Back, ½ Fwd

1, 2, 3 Step L fwd (Option Jump L fwd), Quick sweep/step R over L, Step L back 3.00
4, 5, 6 Step R back, Cross L over R, Step R back
1, 2, 3 (L Coaster) Step L back, Step R beside L, Step L fwd
4, 5, 6 Step R fwd, ½ Right turn & step L back, ½ Right turn & step R fwd 3.00

Chorus [73 – 96] ¼ R turn-side, Drag/angle body, Backward L Full Turn to Right, L Sailor, R Twinkle fwd

1, 2, 3 ¼ Right turn & step L to Left(6.00), Drag R towards L angling body to R diag(7.00) (2 counts) 7.00
4, (Backward L full turn travelling to Right R,L,R) 3/8th Left turn & step R back(3.00),
5, 6 *½ Left turn & step L fwd*(9.00), ¼ Left turn & step R to Right(6.00) 6.00
1, 2, 3 (L Sailor) Step L behind R, Step R to Right, Step L to Left
4, 5, 6 (R twinkle moving fwd) Step R over L, Step L to Left, Step R to Right 6.00

L Fwd Coaster, Back, Cross, Back, Back, Cross, Back, R Coaster

1, 2, 3 (L fwd Coaster) Step L fwd, Step R beside L, Step L back 6.00

4, 5, 6 Step R back, Cross L over R, Step R back

1, 2, 3 Step L back, Cross R over L, Step L back

4, 5, 6 (R Coaster) Step R back, Step L beside R, Step R fwd 6.00

WALL 3 Short Wall/Chorus: Dance first 48 counts## omit counts 49-72 continue with (chorus 73-96)

Note Walls 3, 4 & 5 Chorus....Count (73) NO ¼ R turn - Step L to Left (6.00) 6.00

WALL 4 Chorus only (6.00) counts 73-96 chorus

WALL 5 (Ending) Chorus (Dance First 6 counts of Chorus 73 -78 to finish to front) Change counts 77*, 78, 79 (77) *¼ Left turn & step L fwd, (78) Step R fwd, (79) Step L fwd/drag R

Enjoy!

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