

Being a Woman

拍數: 32 牆數: 2 級數: Improver / Intermediate
編舞者: Andrina K Faulds (SCO) - September 2019
音樂: Good Time Being a Woman - Emily Reid



Restart – (1) on wall 4 after the first 8 counts
#16 count intro

Section 1: Right samba step, left samba step, right shuffle forward step half turn step over right shoulder

1&2 Step forward on right foot (1), step small step forward on left foot to the left of the right foot (&), replace weight on right foot (2)
3&4 Step forward on left foot (3), step small step forward on right foot to the right of the left foot (&), replace weight on left foot (4)
5&6 Step forward on right foot (5), close left foot besides right (&), step forward on right foot (6)
7&8 Step forward on left foot (7), make 1/2 turn over right shoulder stepping onto right foot (&).
Step forward on left foot (8)

Section 2: Walk forward, turn 1/8 left ball cross, step cross, left sailor step

1-2 Walk forward right (1), walk forward left (2)
&3-4 1/8 turn left ball step on right foot (&), step left over right (3), step right to right side (4)
5-6 Step left over right (5), step right to right side (6)
7&8 Step left foot behind right foot (7), step right to right side (&), step left foot in place (8)

Section 3: Right cross side, behind side cross, toe switches left and right, kick left toe forward and flick right foot back

1-2 Cross right foot over left (1), step left foot to left side (2)
3&4 Step right foot behind left (3), step left foot to left side (&), cross right foot over left (4),
5&6&7&8 Touch left toe to left side (5), step left foot back to place (&), touch right toe to side (6), step right foot back to place (&), kick left foot forward (7), step left foot back to place (&), flick right heel behind (8)

Section 4: Step half turn left step quarter turn left, right jazz on the spot

1-2 Step forward on right foot (1), make 1/2 turn to the left stepping onto left foot (2)
3-4 Step forward on right foot (3), make 1/4 turn to the left stepping onto left foot (4)
5-6-7-8 Step right foot across left (5), step left foot back (6), step right foot to right side (7), step left foot next to right (8)

Section 4 alternative to the 3/4 turn – alternative a right jazz box 1/4 right

Restart – wall 4 start facing the back and dance up to the end of section 1 and restart will begin at the front wall

E-mail: xandrinax@live.co.uk