

Good Strong Woman

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Ann-Jeanett Ramsvatn (DK) - November 2021
音樂: Good Strong Woman (feat. Darius Rucker) - Keb' Mo'



Intro: 16 counts

Section 1: Toe Struts x2, Jazzbox ¼ turn

1-2 Touch R toe fwd, Drop R heel down 12.00
3-4 Touch L toe fwd, Drop L heel down

(Restart: Wall 10)

5-8 Cross R over L, Step back on L, Turn ¼ turn R stepping fwd on R, Small step fwd on L 3.00

Section 2: K-Step w.Claps

1-4 Step R diagonally fwd, Touch L beside R, Step L diagonally back, Touch R beside L
5-8 Step R diagonally back, Touch L beside R, Step L diagonally fwd, Touch R beside L

(Restart: Wall 2 & 6)

Section 3: Vine R, Cross, Big Step R, Drag, Back Rock/Recover

1-4 Step R to R side, Cross L behind R, Step R to R side, Cross L over R
5-8 Big step R to R side, Drag L to R, Rock back on L, Recover on R

Section 4: Vine L, Cross, Big Step L, Drag, Back Rock/Recover

1-4 Step L to L side, Cross R behind L, Step L to L side, Cross R over L
5-8 Big step L to L side, Drag R to L, Rock back on R, Recover on L

Restart: Wall 2 & 6 after 16 counts, Wall 10 after 4 counts.

Ending: Last wall after 20 counts do side rock ¼ turn L, walk (R,L)

Start the dance again and Have fun!

Mail: annjeanettramsvatn18@gmail.com

Last Update - 21 July 2022