

Woman Down

拍數: 48 牆數: 2 級數: Improver
編舞者: Marianne Langagne (FR) & Romain BARTHE TOUNSI (FR) - April 2023
音樂: Woman Down - Carly Pearce



Intro : 16 Counts

Restart : After 32 Counts 3rd Wall (facing 6.00)

Tag/Restart : After 32 Counts 5th Wall (facing 6.00) and Restart

[1-8] WALK R - L , OUT - OUT, IN - IN, CROSS, BACK, COASTER STEP

1-2 RF Fwd, LF Fwd
&3&4 RF to the R, LF to the L (weight on LF), RF to Center, LF next to RF (weight on LF)
5-6 Cross RF over LF, LF Back
7&8 RF Back, Together, RF Fwd

[9-16] STEP ½ TURN R , WALK L - R, ANCHOR STEP , BACK TRIPLE

1-2 LF Fwd, ½ Turn R (weight on RF) 6.00
3-4 LF Fwd, RF Fwd
5&6 LF Fwd, Return weight on RF, Return weight on LF
7&8 RF Back, Together, RF Back

[17-24] ½ TURN L, ¼ TURN L, SAILOR STEP, CROSS ROCK, KICK BALL CROSS

1-2 ½ Turn L – LF Fwd (12.00), ¼ Turn L – RF to the R (9.00)
3&4 Cross LF Behind RF, RF to the R, LF to the L
5-6 Cross RF over LF, Recover on LF
7&8 Kick RF to 10.30, RF next to LF, Cross LF over RF

[25-32] SIDE, BEHIND, TRIPLE SIDE R, SIDE WITH SWAY TO L, SWAY TO R, SAILOR STEP ¼ TURN L

1-2 RF to the R, Cross LF Behind RF
3&4 RF to the R, Together, RF to the R
5-6 LF to the L with Sway to the L, Sway to the R
7&8 Cross LF Behind RF, ¼ Turn L – RF to the R, LF to the L (6h)

HERE RESTART 3rd Wall (Face à 6h)

HERE TAG 5th Wall (Face à 6h) and RESTART

[33-40] WALK R – L, MAMBO FDW, COASTER STEP, TRIPLE ½ TURN R

1-2 RF Fwd, LF Fwd
3&4 Rock Fwd on R, Recover on the LF, Step Back on R
5&6 LF Back, Together, LF Fwd
7&8 ¼ Turn R – RF to the R, Together, ¼ Turn R – RF Back (12.00)

[41-48] BACK R – L, COASTER STEP, STEP ½ TURN L, SIDE WITH SWAY TO R, SWAY TO L

1-2 LF Back, RF Back
3&4 LF Back, Together, LF Fwd
5-6 RF Fwd, ½ Turn L (weight on LF) 6.00
7-8 RF to the R with Sway to the R, Sway to the L

TAG

[1-4] JAZZBOX

1-2 Cross RF over LF, LF Back
3-4 RF to the R, LF Fwd

