

# Lioness

拍數: 64      牆數: 2      級數: Improver  
編舞者: Julie Carr (UK) - June 2023  
音樂: Call Me A Lioness (feat. Olivia Dean, Melanie C, Self Esteem, Ellie Rowsell, Al Greenwood, Marika Hackman, Rachel Chinouriri, Shura, Jasmine Jethwa, Rose Gray & Highlly) - Hope FC



## Section 1 R side chasses, recover, L kick ball cross x 2

1&2      Step R to R, bring L to R, Step R to R  
3-4      Rock back on L recover forward on R  
5&6      Kick L foot forward replace on ball of L foot, cross step R over L  
7&8      REPEAT 5&6. (12)

## Section 2 L side chasses, recover, R kick ball cross x 2

1&2      Step L to L, bring R to L step L  
3-4      Rock back on R recover forward on L  
5&6      Kick R foot forward replace on ball of foot cross step L over R  
7&8      REPEAT 5&6 (12)

## RESTART HERE WALL 2

## Section 3 Step R, L behind R, Chasses ¼ turn R, pivot ¼ turn R, L cross shuffle

1-2      Step R to R, L behind R  
3&4      Step forward on R, bring L to R, as you make a ¼ turn R (3)  
5-6      Step forward on L, making a ¼ turn as you recover weight onto R  
7&8      Cross L over R, step R to R, cross L over R (6)

## Section 4 R & L Step touches x 4

1-2      Step to R, touch L by R  
3-4      Step to L touch R by L  
5&6&7&8      REPEAT 1-2- 3-4 WAVING ARMS ABOVE YOUR HEAD FROM R TO L like you're cheering on! (6)

## Section 5 R heel grind, coaster step, L heel grind, coaster step

1-2      R heel grind forward recover back on L  
3&4      Step back on R back, bring L together with R forward on R  
5-6      L Heel grind recover back on R  
7&8      Step back on L, back bring R to L, step forward on L (6)

## Section 6 Syncopated R & L forward low kicks

1-2      Kick R foot forward twice  
&3-4&      Step down on R, kick L foot forward twice, step down on L  
&5&6&      Kick R foot forward, step down, kick L foot forward, step down on L  
&7-8      Kick R forward twice (Do not replace R foot go straight into your next section) (6)

## Section 7 Forward rock, back shuffles, back rock, forward shuffle

1-2      Forward R rock recover back on L  
3&4      Back R shuffle, step back on R bring L to R, step back on R  
5-6      Rock back on L recover forward on R  
7&8      Forward L shuffle, step L forward, bring R to L, step forward on L (6)

## Section 8 Forward side, side and back rocks with a push off step at end

1-2      Rock forward on R recover back on L

- 3-4 R side rock to R, recover on side L
- 5-6 R rock step across L, recover back on L
- 7-8 R side rock to R, recover on L (push off from L to restart dance) (6)

**With special thanks to Patt & Caroline. □**

**Dedicated to all the little girls who have found football, anything is possible x**

---