

It Takes a Woman

拍數: 48 牆數: 2 級數: Improver - waltz
編舞者: Niels Poulsen (DK) - June 2024
音樂: It Takes A Woman - Chris Stapleton



Intro: 24 counts. Start on 'BRO' in the word 'Broken'. Start with weight on R foot AND facing 1:30
Restart: On wall 7, after 42 counts, facing 7:30

[1 – 6] Fwd L, point R, Hold, 1/8 R fwd R, step ¼ R

1 – 3 Step L fwd into R diagonal (1), point R to R side (2), HOLD and prep body to L diagonal (3) 1:30
4 – 6 Turn 1/8 R stepping R fwd (4), step L fwd (5), turn 1/4 R stepping onto R (6) 6:00

[7 – 12] L weave, big side step R, slide L together

1 – 3 Cross L over R (1), step R to R side (2), cross L behind R (3) 6:00
4 – 6 Step R a big step to R side (4), slide L next to R over 2 counts prepping body R (5-6) 6:00

[13 – 18] ¾ L, back L, back R, L back rock

1 – 3 Turn ¼ L stepping L fwd (1), turn ½ L stepping R back (2), step L back (3) 9:00
4 – 6 Step R back (4) rock back on L (5), recover fwd onto R (6) 9:00

[19 – 24] Fwd L, brush hitch R, R jazz box backwards turning 1/8 R

1 – 3 Step L fwd (1), brush R foot fwd (2), hitch R knee opening body to L diagonal (3) 9:00
4 – 6 Cross R over L (4), step L back to L diagonal (5), step R to R side turning 1/8 R (6) 10:30

[25 – 30] L twinkle, R twinkle ½ R

1 – 3 Step L fwd (1), step R fwd (2), turn ¼ L stepping L fwd (3) ... Note: you travel fwd 7:30
4 – 6 Step R fwd (4), turn 3/8 R stepping back on L (5), turn 3/8 R stepping R to R side (6)

Note: you travel fwd 4:30

[31 – 36] L twinkle, R weave

1 – 3 Step L fwd into R diagonal (1), step R fwd (2), turn ¼ L stepping L fwd (3) ...

Note: you travel fwd 1:30

4 – 6 Cross R over L (4), square up to 3:00 stepping L to L side (5), cross R behind L (6) 3:00

[37 – 42] Big side step L, slide R together, curvy run around 3/8 R

1 – 3 Step L a big step to L side (1), slide R next to L over 2 counts prepping body L (2-3) 3:00
4 – 6 Turn 1/8 R stepping R fwd (4), turn 1/8 R stepping L fwd (2), turn 1/8 R stepping R fwd (3)
... Restart on wall 7, facing 7:30 7:30

[43 – 48] Step L fwd, slow R kick fwd, back R, rock L back

1 – 3 Step L fwd (1), hitch R knee (2), stretch R leg (3) 7:30
4 – 6 Step back on R (4), rock back on L (5), recover fwd onto R (6) 7:30

Begin again ☺☺☺

Ending: Wall 10 is your last wall (starts facing 7:30). Do the first 12 counts of the dance (now facing 12:00).

Ending is: L rolling vine and cross R over L: Turn ¼ L stepping L fwd

(13), turn ½ L stepping R back (14), turn ¼ L stepping L to L side (15), cross R over L (16) 12:00