

Woman in Charge

拍數: 64 牆數: 4 級數: Improver
編舞者: Stephanie Gould (USA) - September 2024
音樂: Put a Woman in Charge (feat. Rosanne Cash) - Keb' Mo'



(No Tag, No Restarts)

[1-16] 4 heel jacks starting on right

1-2 Step RF side right LF behind RF
&3&4 Step on RF extend LF heel, step on LF cross RF over LF with weight
5-6 Step LF side left RF behind LF
&7&8 Step on LF extend RF heel, Step on RF cross LF over RF with weight
9-10 Step RF side right LF behind RF
&11&12 Step on RF extend LF heel, step on LF cross RF over LF with weight
13-14 Step LF side left RF behind LF
&15&16 Step on LF extend RF heel, Step on RF cross LF over RF with weight

[17-20] Modified heel grind rocking chair

17-18 roll right heel step on left foot
19 -20 rock back on right foot, rock forward on left foot

[21-24] Heel grind Coaster Step

21-22 roll and rock on right heel, rock back on left foot
23 & 24 step back with right foot, step together with left foot, step forward with right foot

[25-28] Modified heel grind rocking chair

25-26 roll and rock left heel step on right foot
27-28 rock back on left foot, rock forward on right foot

[29-32] Heel grind full triple turn to the left

29-30 roll and rock left heel, rock back on right foot
31 & 32 triple full turn turning to the left

[33-36] Forward Step and Slides

33-34 Step right foot forward, then slide left foot in and touch toe beside your right foot as you clap your hands
35-36 Step left foot forward, then slide your right foot in and touch toe next to left foot as you clap your hands

[37-40] Quick steps back leading with your hips

37-40 Four quick steps back with corresponding hip pushing out to the side at the same time (rt, left, rt, left)

[41-44] Forward Step and slides

41-42 Step right forward, then slide your left foot in and touch toe beside your right foot as you clap your hands
43-44 Step left forward, then as you slide your right foot in and touch toe next to left you clap your hands

[45-48] Quick steps back leading with your hips

45-48 Four quick steps back with corresponding hip pushing out to the side at the same time (rt, left, rt, left)

[49-56] Weave and alternating hip sways

49-52 Weave to the right (right step to side, left foot behind right foot, right foot step to side, left foot cross over right foot)

53-56 step right foot out to side as hip sways (right hip, left hip, right hip, left hip)

[57-62] Step Pivot Chase

57-58 Step on right foot then 1/4 turn to your right and step left foot forward

59-60 Half pivot turn to the right then step forward with left foot

61-62 full turn to the left

[63-64] Walk forward on your right foot, step together on your left foot

***** option when doing heel jacks (5th time through) when they sing 'hallelujah' put hands in air first in a V for beat 3 and down to shoulders beat 4 Repeat for beats 7, 8**

At end of song 4 count power fist bump with right hand as you walk a slow step on right foot then a slow step on left foot (approx. 2 counts each step). * This is during 7th time through beats 33, 34, 35, 36 Make fist down low for two counts raise fist for two counts as you step forward on right foot then left.
