

R & B Woman

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Lisa B. Martin
音樂: I Can Be That Woman - Christina Milian



SCUFF STEP, HIPS & HIPS, TAP, TAP, LIFT, SAILOR ¼ TURN

1-2 Scuff right foot forward, step right to right side
3&4 Hips left, right, left. Leave the weight on the your left foot
5&6 Tap right foot to right side on the spot twice, lift right foot slightly of the floor
7&8 Step right behind left, step left foot a ¼ turn left, step right beside left

WALK, WALK, STEP PIVOT ¼ STEP, BACK SHIMMIES, CROSS UNWIND ¾

1-2 Walk forward, left, right
3&4 Step forward left, pivot ¼ turn right, step left beside right
5&6& Walk back on right, left shimming your body
7-8 Cross right over left, unwind ¾ turn left

JAZZ BOX ¼, CROSS SHUFFLE, ROCK STEPS

1-2 Step forward right, cross left over right
3-4 Step back on right, step left ¼ turn left
5&6 Cross right over left, step left to left side, cross right over left
7&8 Rock left to left side, rock on to right, rock onto left

SCUFF STEP, BODY ROLL STEP, SAILOR STEP, BEHIND UNWIND ½

1-2 Scuff right foot forward, step right foot down
3-4 Body roll step left beside right
5&6 Step right behind left, step left to left side, step right to right side
7-8 Put left toe behind right foot, unwind ½ left to face the back

CROSS HOLD, & CROSS HOLD, SIDE ROCK, ROCK BACK RECOVER ¼

1-2 Cross right over left, hold
&3-4 Step left to left side, cross right over left, hold
5-6 Rock left to left side, recover on right
7&8 Rock back on left, rock forward on right, step left foot ¼ turn right

SAILOR ¼ TOUCH, WALKS FORWARD, WALKS ROUND FULL TURN

1&2 Step right behind left, step left to left making ¼ turn left, touch right beside left
3-4 Walk forward right left
5-8 Make a full turn walking right in a circle on right, left, right, left

REPEAT

TAG

At the end of the 2nd and the 4th perform the last 16 counts again

RESTART

On wall 5 only dance 32 steps of the dance and start again