

# 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