

Strength Of A Woman

COPPER KNOB
BY STEPHENETS

拍數: 52 牆數: 2 級數: Intermediate
編舞者: Diana Bishop (AUS)
音樂: Strength Of A Woman (Groove Brothers Radio Edit No 3) - Philip Claypool



- 1-2-3&4 Walk forward right-left, shuffle to right on right-left-right
5-6-7&8 Walk forward left-right, shuffle to left on left-right-left
- 1-2-3-4 Rock forward onto right, rock back onto left, rock back onto right, rock forward onto left
1-2-3&4 Step right forward, pivot $\frac{1}{4}$ to left on balls of right-left, turn $\frac{3}{4}$ to right on right-left-right
- 1-2-3-4 Rock forward onto left, rock back onto right, rock back onto left, rock forward onto right
1-2-3&4 Step left forward, pivot $\frac{1}{4}$ to right on balls of left-right, turn $\frac{3}{4}$ to left on left-right-left
- 1-2-3-4 Rock to right onto right, rock to left onto left, cross right toe over left & tap right heel 2 times
1-2-3-4 Rock to left onto left, rock to right onto right, cross left toe over right & tap left heel 2 times
- &1-2&3-4 Jump back on right foot while left foot goes forward, bring right next to left
&1-2&3-4 Jump back on left foot while right foot goes forward, bring left next to right
- 1-2-3-4 Step right forward 2 hip bumps to right, pivot $\frac{1}{4}$ to left on ball of right & left in place, then do 2 hip bumps to left
1-2-3-4 Right heel touch in front, right toe touch in front of left, pivot $\frac{1}{4}$ to left on balls of right & left, bounce o heels 2 times
- 1-2-3&4 Jump forward right-left feet together, clap hands, jump feet forward right-left feet together & clap hands 2 times

REPEAT
