

Treat Me Like A Woman

COPPER KNOB
STEPSHEETS

拍數: 0 牆數: 4 級數: Intermediate
編舞者: Liz Nighy (DE)
音樂: Treat Me Like a Woman - Lisa Stansfield



Sequence: ABC, B, ABC, BB, B- (8 counts), A- (8 counts), 4 count hold, C-(counts 17-31), tap right foot next left, A- (8 counts), C- (counts 17-31), tap right foot next left, C- (count 17-48), BB, A- (8 counts)

PART A

OUT OUT-HOLD, ¼ LEFT HEEL-HOLD, & STEP ½ TURN LEFT

&1-2 Step right foot out, step left foot out, hold
&3-4 Step right ¼ turn left back, step left foot heel forward, hold
&5-6 Step left foot on right, step right foot forward, hold
7-8 ½ turn left on both balls(weight on left)

OUT OUT-HOLD, ¼ LEFT HEEL-HOLD, &TAP RIGHT BACK, ½ TURN RIGHT

&9-10 Step right foot out, step left foot out, hold
&11-12 Step right ¼ turn left back, step left foot heel
&13&14 Step left foot on right, tap right foot back, hold
15&16 ½ turn right on both balls(weight on left)

PART B

ROCK RIGHT, CROSS SHUFFLE, ½ TURN RIGHT, CROSS STEP-TAP RIGHT

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

TAP-½ TURN RIGHT, SLIDE LEFT-TAP, & HEEL & TAP, KICK-BALL-CHANGE

9-10 Tap right foot behind left, ½ turn right(weight on right)
11-12 Slide left foot forward, tap right on left
&13 Step right foot on left, heel left foot forward
&14 Step left foot on right, tap right foot next left
15&16 Kick right foot forward, step right foot next to left, step left foot on place

PART C

STEP LOOK STEP RIGHT, STEP LOOK STEP LEFT, PIVOT ½ TURN LEFT, KICK & KICK

1 Step right foot forward
2& Look left foot behind right, step right foot forward
3 Step left foot forward
4& Look right foot behind left, step left foot forward
5-6 Step right foot forward, ½ turn left(weight on left)
7&8 Kick right foot forward, step right foot on left, kick left foot forward

STEP LOOK STEP RIGHT, STEP LOOK STEP LEFT, PIVOT ½ TURN LEFT, FULL TURN LEFT

15-16 Step right foot ½ turn left, step left foot ½ turn left

ROCK & CROSS, ROCK & CROSS, SHUFFLE ¼ TURN RIGHT BACK, FULL TURN LEFT BACK

17&18 Rock right foot to right side, recover on left, cross right foot over left
19&20 Rock left foot to left side, recover on right, cross left foot over right
21&22 Step right foot ¼ turn right back, step left foot on right, step right foot back
23-24 Step left foot ½ turn left back, step right foot ½ turn left back

SIDE-STEP-SIDE LEFT, SIDE & FORWARD, SIDE-STEP-SIDE RIGHT, SIDE & BACK

- 25-26 Step left foot to left side, step right foot next left
27&28 Step left foot to left side, step right foot next left, step left foot forward
29-30 Step right foot to right side, step left foot next right
31&32 Step right foot to right side, step left foot next right, step right foot back
- 33-48 Dance 17-32 except reversed, beginning with left foot
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