

Wild Women Do

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Katie Adams (UK)
音樂: Wild Women Do - Natalie Cole



This dance was choreographed for Breast Cancer Awareness Month

SIDE ROCK RECOVER, SIDE ROCK RECOVER, POINT & POINT, TWIST TWIST HITCH

1-2& Step right to right side, rock back on left, recover onto right
3-4& Step left to left side, rock back on right, recover onto left
5&6 Point right toe to right side, step right beside left, point left toe forward
7&8 Twist left heel to left, twist left heel to center, hitch left knee

COASTER STEP, BUMP BUMP BUMP, COASTER STEP, ¼ ROCK AND CROSS

1&2 Step back on left, step right beside left, step left forward
3&4 Step right forward bumping hips forward, bump hips back left, bump hips forward right
5&6 Step left back, step right beside left, step forward left
7&8 ¼ turn left rocking right to right side, recover onto left, cross right over left

SIDE TOGETHER, SIDE TOGETHER SIDE, ROCK AND CROSS, ROCK AND CROSS

1-2 Step left to left side, step right beside left
3&4 Step left to left side, step right beside left, step left to left side
5&6 Rock right over left, recover onto left, step right to right side
7&8 Rock left over right, recover onto right, step left to left side

ROCK RECOVER, TRIPLE 1 ½ TURN, ROCK RECOVER, ¼ ROCK AND CROSS

1-2 Rock forward on right, recover on left
3&4 ½ turn over right shoulder stepping onto right, ½ turn over right shoulder stepping onto left, ½ turn over right shoulder stepping onto right
5-6 Rock forward onto left, recover onto right
7&8 ¼ turn left rocking left to left side, recover onto right, cross left over right

SIDE BEHIND, AND ¼ HEEL AND STEP, WALK WALK, STEP ½ TURN STEP

1-2& Step right to right side, step left behind right, ¼ left stepping back on right
3&4 Dig left heel forward, step left beside right, step forward right
5-6 Walk forward left, walk forward right
7&8 Step forward left, ½ turn over right shoulder taking weight onto right, step forward left

WALK WALK, ROCK AND CROSS, ROCK AND CROSS, STEP TURN STEP

1-2 Walk forward right, walk forward left
3&4 Rock right to right side and slightly forward, recover onto left, cross right over left
5&6 Rock left to left side and slightly forward, recover onto right, cross left over right
7&8 Step forward right, ½ turn over left shoulder taking weight onto left, step forward right

SIDE BEHIND, AND HEEL AND CROSS, SIDE BEHIND, AND HEEL AND STEP

1-2& Step left to left side, step right behind left, step left to left side
3&4 Dig right heel forward, step right beside left, cross left over right
5-6& Step right to right side, step left behind right, step right to right side
7&8 Dig left heel forward, step left beside right, step forward right

WALK WALK, MAMBO FORWARD, MAMBO BACK, MAMBO SIDE

1-2 Walk forward left, walk forward right

3&4 Rock forward on left, recover onto right, step left beside right
5&6 Rock back on right, recover onto left, step right beside left
7&8 Rock left to left side recover on right, step left beside right

REPEAT
