

Woman To Man

拍數: 48 牆數: 4 級數: Advanced
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音樂: Woman to Man - Harriet



ROCK BACK, ¼ TURN, TURN TO THE LEFT, TURN TO THE RIGHT

- 1 Hold
- 2 Rock back on your left feet
- & Step on right feet
- 3 Step on left feet with a ¼ turn to the left
- 4 Step out on right feet, while doing this prepare for the ronde
- 5 Make a ronde with your left feet
- 6 Cross your left feet behind your right feet
- & Step out on right feet to the side
- 7 Cross your left feet in front of your right feet
- 8 Make a ½ turn to the right
- 1 With right feet make a ronde

MAKE A RONDY, WEIGHT CHANGE, MAKE A POSE

- 2 Put your right feet behind your left feet
- 3 Point your left feet to the side
- 4 Change your weight to your left feet, while doing this bend to your left knee
- 5-8 Slide your right feet slowly next to your left feet, while doing this keep growing
- 1 Finish the sliding from previous counts 5 -8

WALK, WALK, CROSS, TURN RONDE, COASTER STEP

- 2 Start cross walk with your right feet
- 3 Make a cross walk with your left feet
- 4 Make a cross walk with your right feet
- 5 Cross your left feet in front of right feet
- 6 Make a ½ turn to the right, while doing this start the ronde
- 7 Make a ronde with your right feet
- 8&1 Coaster step starting with your right feet and make a 45° turn to the right

A QUICK VINE TO THE RIGHT, MAKE A POSE

- 2 Put your left feet in front
- & Right feet next to your left feet
- 3 Put your left feet behind right feet
- & Put your right feet to the side
- 4 Put your left feet in front of right feet
- & Put your right feet to the side
- 5 Swing your left feet behind your right feet
- 6 Hold
- 7 Hold
- 8 Hold
- & Start making a body roll with a ¼ to the left
- 1 Finish the body roll and finish the turn to the left

SHUFFLE, MAMBO STEPS, STEP, SCUFF, TURN

- 2-3 Make shuffle with your right feet
- 4 Step out with your left feet

- & Step back on your right feet
- 5 Put your left feet behind your right feet
- 6 Step out on your left feet
- & Step back on your right feet
- 7 Put your left feet behind your right feet
- 8 Step out on your left feet to the front
- 1 Make a scuff with your right feet and start turning a ½ to the left

BEND THROUGH YOUR KNEES, MAKE A POSE, GET UP AND SLIDE ONE FEET

- 2 Finish the turn a ½ to the left side
- 3 Put your right feet in front
- 4 Bend through your knees
- 5 Push your body to opposite direction of your legs
- 6 Come on up, start stretching your knees
- 7 Step out on your right feet
- 8-1 Slide your left feet next to your right feet

REPEAT
