

Good Woman

拍數: 66 牆數: 2 級數: Improver
編舞者: Kathy Daley
音樂: One Good Woman - Dave Sheriff



STEP RIGHT, SIDE SHUFFLE, ROCK LEFT, RIGHT

1-2-3&4 Step right to right side, step left next to left, right shuffle to right side
5&6 Rock back on left, recover weight on right, step left next to right
7&8 Rock back on right, recover weight on left, step right next to left

STEP LEFT, SIDE SHUFFLE, ROCK RIGHT, LEFT

9-10-11&12 Step left to left side, step right next to left, left shuffle to left side
13&14 Rock back on right, recover weight to left, step right next to left
15&16 Rock back on left, recover weight on right, step left next to right

SHUFFLE RIGHT, LEFT ½ TURN AND BUMP HIPS

17&18-19&20 Right shuffle forward, left shuffle forward
21&22 Step forward on right, pivot ½ turn left, step right next to left
23&24 Bump hips right, left, right

SHUFFLE RIGHT, LEFT ½ TURN AND BUMP HIPS

25&26-27&28 Right shuffle forward, left shuffle forward
29&30 Step forward on right, pivot ½ turn left, step right next to left
31&32 Bump hips right, left, right

SLOW GRAPEVINE, SIDE SHUFFLE, CROSS ROCK

33&34 Step right to right side, step left foot behind
35&36 Step right to right side, step left quickly next to right, step right to right side
37&38 Cross rock left over right, recover back on right, step left next to right
39&40 Cross rock right over left, recover back on left, step right next to left

SLOW GRAPEVINE, SIDE SHUFFLE, CROSS ROCK

41-42 Step left to left side, step right foot behind
43&44 Step left to left side, step right quickly next to left, step left to left side
45&46 Cross rock right over left, recover back on left, step right next to left
47&48 Cross rock left over right, recover back on right, step left next to right

FULL TURN

49-50-51 Step right, left, making a ½ turn right with claps after each step
52 Step left next to right (but only complete 3 claps)

TOE TAPS, SIDE STEP

53-54-55-56 Tap right toe in front, then to right side, step right to right side, step left next to right
57-58-59-60 Tap left toe in front, then to left side, step left to left side, step right next to left

HIP BUMPS

61-62 Bump hips right, left
63-64-65-66 Then right, left, right, left

REPEAT