

Woman on a Mission

COPPER KNOB
BY STEPHEN HAYWOOD

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Alan Haywood (UK) - March 2010
音樂: On a Mission - Gabriella Cilmi : (3:03)



Intro – 48 counts (16 after heavy beat – start just before vocals)

Not Perfectly Phased But Comes Back Several Times So Does Fit!

Section 1

Kick R forward, R back, L over, R side, kick L forward, L back, R over, L ¼ L

- 1-2 Kick right forward, step right back
- 3-4 Cross step left over right, step right to right side
- 5-6 Kick left forward, step left back
- 7-8 Cross step right over left, step left ¼ left (9 o'clock)

Section 2

R forward, hold, ½ L, hold, R forward, lock L, R forward, hold

- 1-2 Step forward onto right, hold for one count
- 3-4 pivot ½ turn left, hold for one count (3 o'clock)
- 5-6 Step forward onto right, lock left behind right
- 7-8 Step forward onto right, hold for one count

Section 3

Slow L forward mambo, hold, R back, L over, R back, ½ L

- 1-2 Rock forward onto left, recover weight back onto right
- 3-4 Step left next to right, hold for one count
- 5-6 Step back onto right, cross step left over right
- 7-8 Step back onto right, make a ½ turn left stepping left forward (9 o'clock)

RESTART HERE DURING WALL 10

Section 4

R forward, hold, ¼ L, hold, jazz box ¼ R, L forward

- 1-2 Step forward onto right, hold for one count
- 3-4 Pivot ¼ turn left, hold for one count (6 o'clock)
- 5-6 Cross step right over left, step left back
- 7-8 Step right ¼ right, step forward onto left (9 o'clock)

END OF DANCE

RESTART

You really won't miss this – she starts to sing slower!

During wall 10, which starts facing 9 o'clock, dance up to count 24 (section 3), then restart dance facing 6 o'clock.

ENDING

The last wall starts facing 3 o'clock, after 16 counts, you will be facing 6 o'clock, feet still, pivot ½ turn left over 2 counts to face 12 o'clock.

E-Mail: alan.haywood@yahoo.com Website: www.alanhaywood.co.uk