

My Kind Of Woman (L/P)

拍數: 57 牆數: 2 級數: Intermediate Partner Line
編舞者: Francien Sittrop (NL), Donald Hardonk & Astrid Brugman - February 2011
音樂: My Kind of Woman, My Kind of Man - Trudy Kits & Will Claase : (CD: Favorites Covered by Me)



Starting position: sweetheart

Footwork: same for man and woman, unless stated

Intro: start on lyrics

This partner dance is a split - floor to the single-waltz " My kind of Woman" from Francien Sittrop.

[1-6] Box step

1-3 LF step forward, RF step to right side, LF step in place

4-6 RF step back, LF step to left side, RF step in place (12)

[7-12] Box step ¼ turn left (2 x)

1-3 LF step forward ¼ turn left, step RF to right side, LF step in place

4-6 RF step backwards ¼ left, step LF to left side, RF step in place (6)

[13-15] Basic waltz steps forward

1-3 LF step forward, RF next to LF, LF step in place

[16-18] Man: Basic waltz steps forward – (16-18 Lady: Full turn right)

4-6 RF step forward, LF next to RF, RF step in place 4-6 full turn right left, right, left

[19-24] Twinkle right, Twinkle left ¼ turn right

1-3 cross LF over RF, step RF next to LF, step LF to left side

4-6 cross RF over LF, LF next to RF making ¼ turn right, RF step slightly forward (9)

On count 4-6 the man is behind the lady and remains after ¼ turn on the right side of the lady.

[25-27] Man: Basic waltz steps forward - (25-28 Lady: Full turn left)

1-3 LF step forward, RF next to LF, LF step in place 1-3 LF step forward, ½ turn left RF step behind, ½ turn left, LF step slightly forward

On count 2-3 the man releases the right hand of the lady, on count 4 back to sweetheart position.

[28-30] Basic waltz steps forward

4-6 RF step forward, LF next to RF, RF step in place

[31-36] Step back, Back lock back, Basic waltz steps back

1 LF step back

2&3 RV step back, LF lock in front of RF, RF step back

4-6 LF step back, RF step next to LF, LF step slightly forward

[37-42] Step forward (2 x), ¼ Turn right, Twinkle ½ turn left

1-3 RF step forward, LF step forward, ¼ turn right (RF takes weight) (12)

On count 2 release right hand and lift left hand. Lady turns under left arm.

4-6 LF cross over RF, ¼ turn left RF step back, ¼ turn left LF step to left side (6)

On count 4 hands in hammerlock position (behind man).

On count 5 release right hand, left hand up and Lady turns under the raised arm.

On count 6 back to sweetheart position

[43-48] Step forward (2 x) ½ turn right, Basic waltz steps forward

1-3 RF step forward, LF step forward, ½ turn right RF step forward (12)

4-6 LF step forward, RF step next to LF, LF step in place

[49-54] Step forward (2 x) ½ turn right, Basic waltz steps forward

1-3 RF step forward, LF step forward, ½ turn right RF step forward (6)

On count 2 release left hand, right hand up. Man turns under right arm and back to sweetheart position.

4-6 LF step forward, RF step next to LF, LF step in place

[55-57] Basic waltz steps back

1-3 RF step back, LF step next to RF, RF step in place

Start again

Tag: after wall 3 (6.00)

1-3 Hip sways left, right, LF touch next to RV

Lot of dance pleasure
