

The Woman's Got A Little Backbone

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Tony Myers (UK) - February 2012
音樂: Tough - Kellie Pickler : (Album: 100 Proof)



16 count intro - Sequence: 32 – 32 – 32 – 16 – 32 – 32 – 32 – 16 – 32 - 8

Cross Mambo Rock: Cross Rock & Step: Step, Turn: Cross, Back, Heel Dig

1&2 Rock right across left (1) Recover on left (&) Step right to side (2)
3&4 Rock left across right (3) Recover on right (4) Step left to side (&)
5 6 Step forward on right (5) Pivot ¼ turn left (6) (9:00)
7&8 Cross right over left (7) Step back on left (&) Dig right heel to right diagonal (8)

Sailor Step: Behind, Turn, Step: Mambo Turn: Triple Full Turn

1&2 Step right behind left (3) Step left to side (&) Step right to side (2)
3&4 Step left behind right (3) Turn ¼ right step forward on right (&) Step forward on left (4) (12:00)
5&6 Rock forward on right (5) Recover on left (&) Turn ½ right stepping forward on right (6) (6:00)
7&8 Step forward on left (7) Turn ½ left stepping back on right (&) Turn ½ left stepping forward on left (8)(E.O L shuffle)#

& Side, Behind: Side, Cross, Side, Behind: Bounce, Bounce, Turn: Kick Ball Step

&12 Step right with left (&) Step left to side (1) Step right behind left (2)
&3&4 Step left to side (&) Cross right over left (3) Step left to side (&) Step right behind left (4)
5&6 Bounce heels up, down starting to turn right (5) Bounce again still turning (&) Bounce once more completing ¼ turn (9:00)
7&8 Kick right forward (7) Step down on right (&) Cross left over right (8)

Sway R,L,R: Rock Back & Turn: Coaster Step: Turn Step, Step, Turn

1&2 Step right to side swaying right (1) Sway left (&) Sway right (2)
3&4 Rock back on left (3) Recover on right (&) Turn ½ right stepping back on left (4) (3:00)
5&6 Step back on right (5) Step left with right (&) Step forward on right (6)
7&8 Turn ¼ left stepping forward on left (7) Step forward on right (8) Pivot ½ turn left (&) (6:00)

Restarts on walls 4 & 8 after 16 counts
