

It Took A Woman

拍數: 53 牆數: 4 級數: Intermediate
編舞者: Ros Chaplin & Karen Kennedy (SCO) - May 2012
音樂: It Took a Woman - Craig Morgan : (Album: That's Why - iTunes)



16 Count Intro

HIP SWAYS X2, SIDE DRAG, ROCK BACK, SIDE TOGETHER ¼ TURN, SHUFFLE FORWARD

1-2 Step right to right to right side swaying hips to right, sway hips left
3-4& Step large step to right, drag left to right & rock back behind right, recover on right
5-6 Step left to left side, close right beside left
7&8 Turn ¼ left and step forward on left, step right beside left, step forward on left (9)

STEP, PIVOT ½ TURN, FULL TURN, ROCK, RECOVER, COASTER CROSS

1-2 Step forward on right, pivot ½ turn left (3)
3&4 Full turn forward stepping right, left, right

Easy Option : Run forward right, left, right

5-6 Rock forward on left, recover onto right
7&8 Step left back, step right beside left, cross left over right

SIDE DRAG/TOUCH, MAMBO ¼ TURN, PIVOT ½ TURN, SHUFFLE

1-2 Step right to right side, drag left to right touching beside right
3&4 Rock forward on left, recover onto right, make ¼ turn left (12)
5-6 Step forward on right, pivot ½ turn left (6)
7&8 Step forward on right, step left beside right, step forward on right

STEP, TAP, BACK, ½ TURN, STEP, TAP, BACK, ¼ TURN HIP SWAY X2

1-2 Step forward on left foot, tap right toe beside left instep
3-4 Step back on right, turn ½ stepping forward on left (12)
5-6 Step forward on right, tap left toe beside right instep
7-8& Step back on left, turn ¼ turn right swaying hip to right side, sway hip to left (3)

STEP, ROCK, RECOVER, ¼ TURN, ROCK, RECOVER, ½ TURN, ¼ SAILOR CROSS

1-2& Long step to right with right foot, drag left beside right into back rock
3-4 Recover on right, step back on left ¼ right (6)
5-6 Rock back on right, recover on left
7 Turn ½ left stepping back on right foot (12)
8&1 Cross left behind right turning ¼ left, step right to side, cross left over right (9)

* Restart Wall 2

STEP, DRAG, ROCK, ¼ RIGHT, ROCK, ¼ LEFT, SAILOR, CROSS ROCK

2-3 Long step to right with right foot, drag left to right foot
4-5 Rock back on left, recover on right
6-7 Step back on left ¼ right, rock back on right,
8-1 Recover on left Turn ¼ left stepping back on right, (9)
2&3 Cross left behind right, step right to side, step left beside right (9)
4-5 Cross right over left, recover on left

Start Again