

Must Be A Woman

拍數: 64 牆數: 4 級數: Easy Intermediate
編舞者: Roz Chaplin (UK) - August 2012
音樂: Must Be a Woman - Gord Bamford : (CD: Is it Friday Yet)



32 Count Intro

RIGHT HIP BUMPS, LEFT HIP BUMPS, ROCKING CHAIR

1&2 Touch right toe forward bumping hips right, left, right (weight on right)
3&4 Touch left toe forward bumping hips left, right, left (weight on left)
5-6 Rock forward on right, recover onto left
7-8 Rock back on right, recover onto left

FORWARD ROCK, LOCK STEP BACK X2, BACK ROCK

1-2 Rock forward on right, recover onto left
3&4 Step back right, lock left in front of right, step back on right
5&6 Step back on left, lock right in front of left, step back on left
7-8 Rock back on right, recover onto left

Restart Wall 4 (3'0 Clock)

STEP ¼ TURN, CROSS SHUFFLE, SIDE ROCK, BEHIND-SIDE-CROSS

1-2 Step forward on right, make ¼ left (9)
3&4 Cross right over left, step left to left side, cross right over left
5-6 Rock left to left side, recover onto right
7&8 Cross left behind right, step right to right side, cross left over right

ROCK FORWARD, FULL TURN, COASTER STEP, SIDE, DRAG

1-2 Rock forward on right, recover onto left
3-4 Turn ½ right stepping right forward, turn ½ right stepping left back

Easy Option for Non Turners: Walk back right, walk back left

5&6 Step right back, step left beside right, step right forward
7-8 Step large step to left side, drag right to left (weight on right)

BACK ROCK, RIGHT CHASSE, CROSS ROCK, ¼ SHUFFLE TURN

1-2 Rock back on right, recover onto left
3&4 Step right to right side, close left beside right, step right to right side
5-6 Cross rock left over right, recover onto right
7&8 Make ¼ turn left stepping forward left, step right beside left, step forward left (6)

SIDE ROCK, SAILOR ¼ TURN, CROSS, POINT, BEHIND-SIDE-CROSS

1-2 Rock right to right side, recover onto left
3&4 ¼ turn right stepping right behind left, step left beside right, step forward on right (9)
5-6 Cross left over right, point right to right side
7&8 Cross right behind left, step left to left side, Cross right over left

Choreographers Note; Change Step 8 to a Touch on Wall 2 then Restart the dance Restart Wall 2 (12'0 Clock)

SIDE, TOGETHER, SHUFFLE FORWARD, ROCK FORWARD, SHUFFLE ½ TURN

1-2 Step left to left side, step right beside left
3&4 Step forward left, step right beside left, step forward left
5-6 Rock forward on right, recover on left
7&8 Shuffle ½ turn right stepping – Right, left, right (3)

ROCK FORWARD, COASTER STEP, STEP SCUFF X2

- 1-2 Rock forward left, recover onto right
- 3&4 Step back on left, recover onto right, step forward on left
- 5-6 Step forward right, scuff left beside right
- 7-8 Step forward on left scuff right beside left

Last Revision - 29th August 2012
