

Only a Woman!

拍數: 32 牆數: 2 級數: High Intermediate NC
編舞者: Niels Poulsen (DK) - April 2014
音樂: Only a Woman - Enrique Iglesias : (iTunes)



Intro: 16 count intro (14 secs. into track). Start with weight on L foot
Easy Tag: See Tag description at bottom of page

Sequence: Intro, 32, Tag, 32, 32, Tag, 32, 32, 32, Tag.

Ending: After your last tag just turn ¼ L stepping R to R side...

Note: The main dance is a 2 wall dance facing 12:00 and 6:00 every time you do it. The Tag is also a 2 wall dance but you always face the side walls when doing it.

[1 – 9] R basic, ¼ R, run R L ½ R into rock fwd R, run back L R ½ L with R sweep, weave

- 1 Step R a big step to R side (1) 12:00
- 2&3 Step L behind R (2), cross R over L (&), turn ¼ R stepping back on L (3) 3:00
- 4&5 Turn ½ R stepping fwd on R (4), step fwd on L (&), rock fwd on R (5) 9:00
- 6&7 Recover on L (6), run backwards on R (&), turn ½ L stepping L fwd and sweeping R fwd 3:00
- 8&1 Cross R over L (8), step L to L side (&), cross R behind L sweeping L to L side (1) 3:00

[10 – 17] Behind turn step fwd, step ¼ cross, reverser rolling vine into L basic, ¼ R with sweep

- 2&3 Cross L behind R (2), turn ¼ R stepping fwd on R (&), step fwd on L (3) 6:00
- 4&5 Step fwd on R (4), turn ¼ L stepping onto L (&), cross R over L (5) 3:00
- 6&7 Turn ¼ R stepping L back (6), turn ½ R stepping R fwd (&), turn ¼ R stepping L to L (7) 3:00
- 8&1 Step R behind L (8), cross L over R (&), turn ¼ R stepping R fwd and sweeping L fwd (1) 6:00

[18 – 25] Weave, behind turn, 3 walks fwd R L R, 1 ½ L with sweep

- 2&3 Cross L over R (2), step R to R side (&), cross L behind R sweeping R to R side (3) 6:00
- 4& Cross R behind L (4), turn ¼ L stepping L fwd (&) 3:00
- 5 – 7 Walk R diagonally fwd L (5), walk L diagonally fwd R (6), walk R straight fwd (7) 3:00
- 8&1 Turn ½ L onto L (8), turn ½ L stepping R back (&), turn ½ L onto L and sweeping R fwd (1) 9:00

[26 – 32] R jazz box into R back rock, ½ L, rock fwd R, full turn R (+ ¼ R)

- 2&3 Cross R over L (2), step back on L (&), rock back on R (3) 9:00
- 4&5 Recover fwd to L (4), step fwd on R (&), turn ½ L onto L foot (5) 3:00
- 6 – 7 Rock fwd on R (6), recover back on L (7) 3:00
- 8&(1) Turn ½ R stepping fwd on R (8), turn ½ R stepping back on L (&) ...

To begin again turn ¼ R into your R basic night club step on count 1 and now facing the back wall (6:00) ...

Tag – (16 counts consisting of 2 X 8 which are identical. The tag happens three times, facing 9:00, 9:00 and 3:00).

To make the Tag happen facing the side wall turn 1½ R on counts 8&1 of the main dance walking fwd R on count 1...

To start the main dance again add ¼ L stepping into your R basic. I hope this makes sense!...

[1 – 8] 3 walks fwd R L R, step turn turn with sweep, R back rock, step ½ turn L

- 1 – 3 Do your ¼ R walking R fwd (1), walk L diagonally fwd R (2), walk R diagonally fwd L (3) 9:00
- 4&5 Step fwd L (4), turn ½ R stepping R fwd (&), turn ½ R stepping L back L sweeping R to R side (5) 9:00
- 6 – 7 Rock back on R (6), recover fwd on L (7) 9:00

8& Step fwd on R (8), turn $\frac{1}{2}$ L stepping fwd on L (&) 3:00

[9 – 16] 3 walks fwd R L R, step turn turn with sweep, R back rock, step $\frac{1}{2}$ turn L (+ $\frac{1}{4}$ L)

1 – 3 Walk R diagonally fwd L (1), walk L diagonally fwd R (2), walk R diagonally fwd L (3) 3:00

4&5 Step fwd L (4), turn $\frac{1}{2}$ R stepping R fwd (&), turn $\frac{1}{2}$ R stepping L back L sweeping R to R side (5) 3:00

6 – 7 Rock back on R (6), recover fwd on L (7) 3:00

8&(1) Step fwd on R (8), turn $\frac{1}{2}$ L stepping fwd on L (&) ... 9.00

To begin main dance again turn $\frac{1}{4}$ L and do your basic night club step to the R facing the back wall (6:00)

Contact: niels@love-to-dance.dk - www.love-to-dance.dk

Last Update - 14th April 2014
