

Clean Up Woman

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Rémy de Beaumont (NL) - July 2014
音樂: Clean Up Woman - Betty Wright



The dance starts after 24 counts

Step right, touch left, left coaster step, right side rock, cross, chassé left

1-2 RF long step to right side, LF touch next to RF
3&4 LF step back, RF step back on ball foot next to LF, LF step forward
5&6 RF rock to right side, weight back on LF, RF cross over LF
7&8 LF step to left side, RF step next to LF, LF step to left side

Right sailor step ¼ right, left step lock step, right step lock step, left mambo step forward

1&2 RF sweep behind LF with ¼ step turning right, LF step next to RF, RF step forward
3&4 LF step diagonal left forward, RF lock behind LF, LF step diagonal left forward
5&6 RF step diagonal right forward, LF lock behind RF, RF step diagonal right forward
7&8 LF rock forward, weight back on RF, LF step next to RF

Right back lock back, left back lock back, touch back, ½ turn right, cross shuffle

1&2 RF step back behind LF, LF lock before RF, RF step back behind LF
3&4 LF stap achter RV, RF lock voor LV, LF stap achter
5-6 RF touch toe behind LF, weight on LF and toe RF making ½ turn to right side
7&8 LF cross over RF, RF step to right side, LF cross over RF

Step right back 1/4 turn left, step left beside, Cross shuffle, Weave left, Side rock cross

1-2 RF step back making ¼ turn left, LF step next to RF
3&4 RF cross over LF, LF step to left side, RF cross over LF
5&6& LF step to left side, RF step behind LF, LF step to left side, RF cross over LF
7&8 LF rock to left side, weight RF, LF cross over RF***restartpoint

Side rock right, weave left, side rock left, weave right

1-2 RF rock to right side, weight back on left foot
3&4 RF step behind LF, LF step to left side, RF cross over LF
5-6 LF rock to left side, weight back to RF
7&8 LF step behind RF, RF step to ride side, LF cross over RF

Right rock forward, Recover, Coaster step, , Cross & cross &, Cross shuffle

1-2 RF rock forward , weight back on LF
3&4 RF step back , LF step back on ball foot next to RF, RF step forward
5&6& LF cross over RF, RF step to right side, LF cross over RF, RF step to right side
7&8 LF cross over RF, RF step to right side, LF cross over RF

Begin opnieuw

***Restart in 3e wall after count 32

End the dance after count 44 with: sailor 1/2 right

Much pleasure

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