

La Femme

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: William Sevone (UK)

Musik: This One's for the Girls - Martina McBride



TOUCH IN, SIDE KICK, ½ RIGHT STEP FORWARD, ¼ RIGHT, SIDE STEP, WEAVE, SIDE ROCK STEP, (9:00)

- 1-2 Touch right toe next to left foot (knee inward), kick right foot to right side
- 3-4 Turn ½ right & step forward onto right foot, turn ¼ right & step left foot to left side
- 5-6 Cross step right foot behind left, step left foot to left side
- 7-8 Cross step right foot over left, rock step left foot to left side

¼ RIGHT FORWARD SHUFFLE, FORWARD SHUFFLE, WALK FORWARD: RIGHT-LEFT (OR OPTION), WALK FORWARD: RIGHT-LEFT, (12:00)

- 9&10 Turn ¼ right & step forward onto right foot, close left foot next to right, step forward onto right foot
- 11&12 Step forward onto left foot, close right foot next to left, step forward onto left foot
- 13-14 Walk forward: right foot, left foot

Option: step forward onto right foot, (on ball of right foot) turn full turn left & step forward onto left foot. This move should only be attempted if the dancer is fully confident

- 15-16 Walk forward: right foot, left foot

BEHIND CROSS TOUCH WITH EXPRESSION, STEP BACKWARD, 3X BACKWARD CROSS TAP WITH FINGER SNAPS-STEP BACKWARD, (12:00)

- 17 (Bending both knees) cross touch right toe to outside of left foot
- On count 17, it will help with the balance if the body is facing diagonally right & leaning slightly backward**
- 18 (Straightening up) step backward onto right foot
- 19 Cross tap left toe behind right foot - snapping/clicking fingers at shoulder height
- 20 Step backward onto left foot - slightly to left
- 21 Cross tap right toe behind left foot - snapping/clicking fingers at shoulder height
- 22 Step backward onto right foot - slightly to right
- 23 Cross tap left toe behind right foot - snapping/clicking fingers at shoulder height
- 24 Step backward onto left foot - slightly to left

¼ RIGHT SIDE STEP, CROSS ROCK, ROCK-SIDE STEP, CROSS ROCK, ROCK, SIDE STEP, TOGETHER, (3:00)

- 25-26 Turn ¼ right & step right foot to right side, cross rock left foot over right
- 27-28 Rock onto right foot, step left foot to left side
- 29-30 Cross rock right foot over left, rock onto left foot
- 31-32 Step right foot to right side, step left foot next to right

REPEAT

RESTART

On wall 7 dance up to and including count 16, then restart dance

To create a one wall 64 count mirror/reverse dance, replace counts 31-32 with a (on the spot) triple step turning ¼ right (stepping right-left-right). You will then continue the dance starting with the opposite foot. The restart will occur after the 3rd vanilla. The dance will finish on count 64 of the 7th vanilla (facing 'home'). Just add (optional) right hand on hat brim and left hand on left hip

REGULAR DANCE FINISH

The dance will finish on count 32 of the 14th wall (facing 6:00). To finish facing the 'home' wall do the following:

