

Natural Woman

Count: 48

Wand: 4

Ebene: Improver

Choreograf/in: Rey Kleinsasser (USA)

Musik: Natural Woman - Aretha Franklin



LEFT TWINKLE, CROSS, SIDE, DRAG

1-3 Left step across in front; right ball step out to side; left step out to side

4-6 Right step across in front; left step out to side; right drag toward left, leaving weight on left

Option: shimmy on 5&6& on walls 2 and 4

RIGHT TWINKLE, CROSS, SIDE, DRAG

1-3 Right step across in front; left ball step out to side; right step out to side

4-6 Left step across in front; right step out to side; left drag toward right, leaving weight on right

Option: shimmy on 5&6& on walls 2 and 4

LEFT, RIGHT "MAMBO"

1-3 Left step forward; rock back to right; left step together

4-6 Right step forward; rock back to left; right step together

LEFT, RIGHT "SAILOR"

1-3 Left step across in back(swing out as you step); right step out to side; left step together

4-6 Right step across in back(swing out as you step), left step out to side; right step together

STEP, QUARTER, HOLD, DIAGONAL, ROCK, ROCK

1-3 Left step forward; pivot $\frac{1}{4}$ right turn; hold

4-6 Left step diagonal forward; rock back to right; rock forward to left(now facing 3:00 wall)

STEP, HALF, HOLD, DIAGONAL, ROCK, ROCK

1-3 Right step forward; pivot $\frac{1}{2}$ left turn; hold

4-6 Right step diagonal forward; rock back to left; rock forward to right(now facing 9:00 wall)

SEMICIRCLE WALK

1-2 Left step forward into $\frac{1}{12}$ turn(30 degrees); right step forward into $\frac{1}{12}$ turn

3-6 Repeat 1-2 twice(now facing 3:00 wall). You may make 1 and 4 larger steps if you wish

DIAGONAL, RONDE, TOUCH, SIDE, DRAG

1-3 Left step diagonal forward; right sweep to the left, slightly raised; right touch together

4-6 Right big step out to side; left drag to right for two counts(weight remains on right)

Option: shimmy on 4&a5&a6&a on wall 5 (1/3 beat shimmies are preferred here due to "magic" rhythm of the song). This comes just before the tag if you are using Celine Dion's version

REPEAT

TAG

If you are using Celine Dion's version, at the end of the 5th wall:

1-3 Left stomp(down) into $\frac{1}{4}$ left turn; hold; right step together

4-6 Repeat 1-3

7-9 Left stomp diagonal forward; right sweep to the left, slightly raised; right touch together

10-11&-a-12 Right step out to side; hold; (&) hold; (a) left step together; right step out to side

The syncopations here, 11&a12, are preferred in 1/3 beat due to the "magic" rhythm of the song. This is a modification of the last 12 counts of the dance.

TAG

If you are using "Sweet Cherry Wine", no tag is required, but three 3-count tags are preferred. Insert this three times: before count 1 of wall 4, before count 13 of wall 5, and before count 1 of wall 6

1-3 Step left forward, hold, rock back to right
