

# R & B Woman

**Count:** 48

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Lisa B. Martin

**Music:** I Can Be That Woman - Christina Milian



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## SCUFF STEP, HIPS & HIPS, TAP, TAP, LIFT, SAILOR ¼ TURN

- 1-2 Scuff right foot forward, step right to right side
- 3&4 Hips left, right, left. Leave the weight on the your left foot
- 5&6 Tap right foot to right side on the spot twice, lift right foot slightly of the floor
- 7&8 Step right behind left, step left foot a ¼ turn left, step right beside left

## WALK, WALK, STEP PIVOT ¼ STEP, BACK SHIMMIES, CROSS UNWIND ¾

- 1-2 Walk forward, left, right
- 3&4 Step forward left, pivot ¼ turn right, step left beside right
- 5&6& Walk back on right, left shimming your body
- 7-8 Cross right over left, unwind ¾ turn left

## JAZZ BOX ¼, CROSS SHUFFLE, ROCK STEPS

- 1-2 Step forward right, cross left over right
- 3-4 Step back on right, step left ¼ turn left
- 5&6 Cross right over left, step left to left side, cross right over left
- 7&8 Rock left to left side, rock on to right, rock onto left

## SCUFF STEP, BODY ROLL STEP, SAILOR STEP, BEHIND UNWIND ½

- 1-2 Scuff right foot forward, step right foot down
- 3-4 Body roll step left beside right
- 5&6 Step right behind left, step left to left side, step right to right side
- 7-8 Put left toe behind right foot, unwind ½ left to face the back

## CROSS HOLD, & CROSS HOLD, SIDE ROCK, ROCK BACK RECOVER ¼

- 1-2 Cross right over left, hold
- &3-4 Step left to left side, cross right over left, hold
- 5-6 Rock left to left side, recover on right
- 7&8 Rock back on left, rock forward on right, step left foot ¼ turn right

## SAILOR ¼ TOUCH, WALKS FORWARD, WALKS ROUND FULL TURN

- 1&2 Step right behind left, step left to left making ¼ turn left, touch right beside left
- 3-4 Walk forward right left
- 5-8 Make a full turn walking right in a circle on right, left, right, left

## REPEAT

## TAG

At the end of the 2nd and the 4th perform the last 16 counts again

## RESTART

On wall 5 only dance 32 steps of the dance and start again

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