

Alpha Girls

Count: 48

Wall: 4

Level: Easy Intermediate

Choreographer: Vivienne Scott (CAN) - August 2013

Music: It's a Woman's World - Francisca Urio : (Single)



Intro: 32 counts

Restarts on Walls 2 and 5 after first 16 counts

[1-8] Walk Forward R, L, Triple In Place, 1/2 Turn, 1/2 Turn, Coaster Step

- 1-2 Walk forward – Right, Left
- 3&4 Triple step in place stepping – Right, Left, Right
- 5-6 Turn 1/2 left stepping forward on left. Turn 1/2 left stepping back on right (Alt: Walk back – Left, Right)
- 7&8 Step left back. Step right beside left. Step left forward.

[9-16] Walk Forward R, L, Heel Switches, & Step Back, Drag, Coaster Step

- 1-2 Walk forward – Right, Left
- 3&4 Touch right heel forward. Step right beside left. Touch left heel forward.
- &5-6 Step left beside right. Step right long step back. Drag left back towards right.
- 7&8 Step left back. Step right beside left. Step left forward

Restarts: At this point on Wall 2 (facing 3 o'clock) and Wall 5 (facing 9 o'clock)

(Tip: When the singer sings 'Heart to Heart' you will know it is one of the Restart walls)

[17-24] Kick-Ball-Step, Cross-&-Heel, & Forward Rock, 3/4 Turn Shuffle

- 1&2 Kick right forward. Step right beside left. Step left forward.
- 3&4 Cross right over left. Step left back. Touch right heel forward.
- &5-6 Step right beside left. Rock forward on left. Recover onto right.
- 7&8 Shuffle 3/4 turn left stepping – Left, Right, Left

[25-32] Step Forward, Step Behind, Twist Heels Out, In, Forward Rock, Heel Bounces 1/2 Turn

- 1-2 Step right forward with right toe pointing to right diagonal. Step left behind right with left toe pointing to left diagonal (right heel should be angled towards left arch, similar to third position)
- 3-4 On balls of feet twist heels out (right to right side and left to left side). Twist heels in (weight on right)
- 5-6 Rock forward on left. Recover onto right
- &7-8 Touching left slightly behind right and with weight on balls of feet bounce heels x 2 making 1/2 turn left (weight on left)

[33-40] Side Rock, Behind, Side, Cross, Step Side, Touch, Right Chasse

- 1-2 Rock right to right side. Recover onto left.
- 3&4 Cross right behind left. Step left to left side. Cross right over left.
- 5-6 Step left to left side. Touch right beside left.
- 7&8 Step right to right side. Step left beside right. Step right to right side.

[41-48] Cross, Back, Ball Cross, Step Side, Monterey 1/2 Turn

- 1-2 Cross left over right. Step right back.
- &3-4 Step left beside right. Cross right over left. Step left to left side.
- 5-6 Touch right to right side. On ball of left make 1/2 turn right stepping right beside left.
- 7-8 Touch left to left side. Step left beside right.

Optional Ending: 3/4 Turn Monterey to face the front.

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