Extreme Country Women



Count: 32 Wall: 2 Level: Intermediate

Choreographer: Luca Di Nicola (IT) - January 2018

Music: A Better Woman - Beccy Cole



S1: MAMBO STEP, COASTER STEP, SAILOR 1/2 TURN CROSS, SIDE & HEEL, RECOVER & CROSS

step forward on your right
recover onto your left
step right next to left
step back on left

e bring right next to left

4 step forward left5 step right behind left

e make ¼ turn right, stepping left forward

6 make ¼ turn right, crossing right forward left

e step left to left side

7 present right heel forward

e step right next to left 8 cross left forward right

S2: KICK BALL TOUCH x2, STEP FORWARD, ½ TURN, FULL TURN, STOMP

1 kick right forward

e step right next to left

2 touch left toe to left side

kick left forwardstep left next to right

4 touch right toe to right side

full turn to right

step right forwardmake ½ turn to left

7

8

8 stomp left next to right

S2: MONTEREY ½ TURN WITH HOOK, ROLLING GRAPEWINE

1 point right to the right

2 ½ turn to the right, recover on right

3 point left to the left4 hook left forward right

5 turn ¼ to left and step forward on left

6 turn ¼ to left and step right to right side 7 turn ½ to left and step left to left side

8 touch left next to right

S4: ½ TURN TOE STRUTS, ½ TURN TOE STRUTS, JAZZ BOX

1 ½ turn to the left touching right toe backward

2 drop in place

3 ½ turn to the left touchingleft toe forward

step left forward

4 drop in place

5 cross right over left 6 right step backward 7 step right to the right

TAG: dopo i primi 24 tempi al 3° muro

S1: K STEP

- · · · · · - · - ·	
1	step right in diagonal forward

2 touch left next to right

3 step left in diagonal backward

4 touch right next to left

5 step right in diagonal backward

6 touch left next to right

7 step left in diagonal forward

8 touch right next to left

S2: SHUFFLE FORWARD RIGHT, ½ TURN LE FT AND SHUFFLE FORWARD LEFT, STEP, ¼ LEFT TURN, STEP, ¼ LEFT TURN

1	step forward on right foot
е	step left next to right
2	step forward on right foot

3 ½ left turn, step forward on left foot

step right next to left е 4 step forward on left foot 5 step forward right

6 on ball of left foot make 1/4 turn left

7 step forward right

8 on ball of left foot make 1/4 turn left

RESTARTS:

on wall 6, dance up to count 24

on wall 7, after 20 count, add 2 stomp (R & L) and restarts

FINAL: do it at the end of 10th wall after only 6 counts MAMBO STEP, COASTER

STEP, SAILOR 1/2 TURN, STOMP

Contact: raptor1982.ldn@gmail.com