

Woman

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Ame Lin (INA) - March 2022
音乐: Woman (feat. Bina Butta & Stndrd) (Remix) - DJ Noiz



***1 Restart (after 16c on wall 3)**

#START DANCE AFTER 16C

Section 1. WEAVE, CROSS SAMBA (L – R)

1&2& Cross Rf over Lf - step Lf to side - cross Rf behind Lf - step Lf to side
3&4 Cross Rf over Lf – ball of Lf – step Rf in place
5&6& Cross Lf over Rf – step Rf to side – cross Lf behind Rf – step Rf to side
7&8 Cross Lf over Rf – ball of Rf – step Lf in Place

Section 2. MAMBO STEP, SIDE, CLOSE

1&2 Step Rf forward – step Lf in place – close Rf together
3&4 Step Lf backward – step Rf in place – close Lf together
5-6-7-8 Step Rf to side – close Rf together – step Lf to side – close Lf together

Section 3. SYNCOPATED POINT, TOUCH, HEEL OUT – IN (R/CENTRE) (R – L)

1&2& Point Rf to side – step Rf next to Lf – point Lf to side – step Lf next to Rf
3&4 Touch Rf forward – heel out – in
5&6& Point Lf to side – step Lf next to Rf – point Rf to side – step Rf next to Lf
7&8 Touch Lf forward – heel out – in

Section 4. FORWARD, TURN ½ BACK, COASTER STEP, FORWARD, ¼ SIDE

1-2 Step Lf forward – turn ½ R stepping Rf back
3&4 Step Lf back – step Rf back together – step Lf forward
5-6 Step Rf forward – ¼ L stepping Lf to left side rolling L knee out with look L
7-8 Step Rf to Right side rolling R knee out with look to R – step Lf to left side rolling L knee out with look L

Enjoy your dance (just for fun)

Last Update - 25 Mar 2022