

This Woman, This Man

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Advanced
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音乐: This Woman Needs - SHeDAISY



TWINKLE, STRIDE TELE-RONDE TOUCH

- 1-3 Left foot stride diagonally forward in front of right foot; right foot step side right; left foot step in place, angling body to left diagonal
- 4-6 Right foot stride diagonally forward in front of left foot, left foot floor sweep ½ circle from back to front. End with left toe to right instep in 3rd position

As this movement occurs, there is a slight rotation to the right on the ball of the right foot

STRIDE ¼ TURN LEFT, STRIDE ¼ TURN RIGHT

- 7-9 Left foot stride forward; right foot step into ¼ turn left; left foot step forward
- 10-12 Right foot stride forward; left foot step into ¼ turn right; right foot step in place

CROSS ¼, ¼, CROSS ½ TURN HOLD

- 13-15 Left foot stride cross over right (knees must bend); right foot step back into ¼ turn left; left foot step back into ¼ turn left
- 16-18 Right foot stride cross over left (knees must bend); left foot step side left, beginning a ½ turn right on ball of left foot (right foot is placed beside left calf); hold (right foot remains beside calf)

Counts 17-18 are a ½ pirouette with a hold on count 18.

LUNGE FULL TURN, STRIDE DRAG HOLD

- 19-21 Right foot lunge right (bring torso directly over bent right knee, left leg straight) (arms in "L", left arm forward, right arm extended to right); left foot recover weight while making ¼ turn to left; right foot step close to left while executing a ¾ turn left (on ball of right foot)
- 22-24 Left foot stride side left; right foot drag toward left; right foot drag to touch beside left

Arm styling: Left arm extends up, right arm extends forward

PSEUDO TWINKLE, STRIDE, STEP ½ PIVOT (LEFT)

- 25-27 Right foot stride diagonally forward in front of left; left foot step side left; right foot step in place
- 28-30 Left foot stride forward; right foot step forward; ½ pivot left, shifting weight to left foot

STRIDE FULL TURN (RIGHT), STRIDE, STEP ½ PIVOT (LEFT)

- 31-33 Right foot stride forward; left foot step close to right while executing full turn right on ball of left foot; right foot step slightly forward
- 34-36 Left foot stride forward; right foot step forward; ½ pivot left, shifting weight to left foot

ROCK RETURN (ANGLE LEFT), ROCK RETURN (ANGLE RIGHT)

- 37-39 Right foot rock stride forward to left diagonal; left foot recover weight; right foot step beside left

Arm styling: Offer right arm out over right foot, palm up

- 40-42 Left foot rock stride forward to right diagonal; right foot recover weight; left foot step beside right

Arm styling: Offer left arm out over left foot, palm up

STRIDE ¼ TURN (RIGHT) HOLD, 1 ¼ TURN (RIGHT)

- 43-45 Right foot stride forward; left foot step forward into ¼ turn right; right foot drag to left and touch

46-48 Right foot stride right into $\frac{1}{4}$ turn right; left foot step close to right while executing a full turn
right on the ball of the left foot; right foot step slightly forward

Over-rotate turn slightly, positioning body to begin again

REPEAT
