Women Rule



编舞者: Charlie Mifsud (AUS)

音乐: Women Rule the World - Lonestar



HEEL, HOLD, CROSS IN FRONT, STEP TO SIDE, SAILOR, BEHIND AND CROSS

1-2	Touch right heel at 45 degrees, h	hlor

Step right back, cross left over right, step right to right side
Left behind right, right to right side, left to left side (sailor)
Right behind left, left to left side, cross right over left (12:00)

STEP LEFT, PIVOT HALF, CROSS SHUFFLE, STEP RIGHT, 1/4 TURN LEFT, 3/4 TURN OVER LEFT

1-2 Step left to left side, pivot half turn over right to take weight on right

3&4 Cross shuffle left-right-left

5-6 Step right to right side, turning ¼ to left step on left (03:00)

7&8 Continuing ¾ turn over left shoulder shuffle right-left-right (06:00)

LARGE STEP LEFT, DRAG RIGHT, BALL CROSS, STEP RIGHT, EXTENDED SHUFFLE, STEP RIGHT

1-2 Large step left to left side, drag right towards left keeping weight on left

Step right back, cross left over right, step right to right side

Step left behind right, right to right side, cross left over right

&7-8 Step right to right side, cross left over right, step right to right taking weight (06:00)

KICK BALL STEP, KICK BALL STEP, ROCK FORWARD AND BACK, HALF SHUFFLE TURN

1&2 Kick left forward, step ball of left beside right, step right forward (kick ball step traveling

slightly forward)

3&4 Kick left forward, step ball of left beside right, step right forward (kick ball step traveling

slightly forward)

5-6 Rock left forward, replace weight to right

7&8 Traveling shuffle half turn over left (left-right-left) (12:00)

ROCK FORWARD AND BACK, HALF PIVOT SHUFFLE, HALF PIVOT SHUFFLE, ROCK BACK, TOUCH HEEL

1-2 Rock right forward, replace weight to left

3&4 Pivot shuffle half turn over right (right-left-right)

5&6 Continue pivot shuffle half turn over right (left-right-left)

7-8 Rock back on right, touch heel of left forward (12:00)

STEP LEFT, PIVOT HALF, PIVOT HALF, TOUCH HEEL, BALL CROSS, STEP RIGHT, SAILOR

1-2 Step/replace weight to left, pivot half turn over left step back on right

3-4 Pivot half turn over left step forward on left, touch heel of right at 45 degrees

&5-6 Step right back, cross left over right, step right to right side

7&8 Left behind right, right to right side, left to left side (sailor traveling slightly back) (12:00)

SAILOR, HALF PIVOT, HALF PIVOT, LOCK FORWARD

1&2 Right behind left, left to left side, right to right side (sailor traveling slightly back)

3-4 Step left forward, pivot half turn over right step forward right5-6 Step left forward, pivot half turn over right step forward right

7&8 Lock forward left-right-left (12:00)

MAMBO, SHUFFLE BACK, ONE AND A HALF TURNS OVER RIGHT

1&2 Rock forward onto right, rock back onto left, step back on right (mambo)

3&4 Shuffle back left-right-left

5-8 Turning one and a half turns over right shoulder (right-left-right-left) to face new wall (06:00)

REPEAT

TAG

At end of wall 2 (facing front)

1-8 (Shuffle forward, shuffle back) - shuffle forward right-left-right, rock left forward, rock right

back, shuffle back left-right-left, rock right back rock left forward

Restart

At end of wall 5 (facing back)

1-4 (2 Half turns) - step right forward, pivot half over left, step right forward, pivot half over left -

Restart

TO FINISH

Dance to count 54 as normal (pivot to front wall)