

Good Hearted Woman

COPPER KNOB
BY STEPHEN BRETZ

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Evelyn Khinoo (USA) - January 2014
音乐: A Good Hearted Woman - LeAnn Rimes : (Album: Lady & Gentlemen - 3:41)



Start: 16 counts; may count as SSQQS (slow, slow, quick, quick, slow--example Section A)

A. FWD, FWD, ROCK FWD, RECOVER, BACK, BACK w/HOOK, FWD 3/8 TURN R, SHUFFLE FWD

1-2 Step R fwd, step L fwd [SS]
3&4 Step R fwd, rock back onto L, step R back [QQS]
5-6 Step L back and hook R over L, step R fwd into 3/8 R turn (facing R diagonal) (4:00) [SS]
7&8 Step L, step R together with L, step L fwd [QQS] (4:00)

B. ROCK FWD, RECOVER, 1/2 TURN R, SIDE ROCK, CROSS, SIDE, SAILOR

1-2 Step R fwd, rock back onto L
3&4 Step R fwd into 1/2 turn R, rock L to L side, recover onto R (10:00)
5-6 Cross L in front of R, step R to R side (10:00)
7&8 Step L behind R, step R to R side, step L to L side (sailor)

C. CROSS, BACK 1/4 TURN R w/HOOK, 3/8 SHUFFLE TURN R, ROCK BACK, RECOVER FWD, LOCK STEP FWD

1-2 Cross R over L, step L back into 1/4 R and hook R in front of L (1:00)
3&4 Step R fwd 3/8 R turn (square up to back wall), step L next to R, step R fwd (3/8 shuffle turn) (6:00)
5-6 Rock L back, recover fwd onto R
7&8 Step L fwd, step R slight behind L, step L fwd (lock step)

D. 1/4 FWD R, WALK FWD, ANCHOR STEP, WALK BACK L, R, 1/2 L SAILOR

1-2 Step R into 1/4 R turn, walk L fwd
3&4 Rock onto ball of R slightly behind L heel, rock onto L in place, step slightly back onto R (anchor step)
5-6 Walk back L, walk back R
7&8 Cross L behind R, step R next to L while making 1/2 L turn, step L slightly fwd (1/2 sailor)

E. WALK FWD R, L, ANCHOR, WALK BACK L, R, 1/4 L SAILOR

1-2 Step R fwd, step L fwd
3&4 Rock onto ball of R slightly behind L heel, rock onto L in place, step slightly back onto R (anchor step)
5-6 Walk back L back, walk back R
7&8 Cross L behind R, step R next to L while making 1/4 L turn, step L slightly fwd (1/4 sailor)

F. WALK FWD R, L, R, SIDE ROCK, WALK BACK L, R, L, SIDE ROCK

1-2 Step R fwd, step L fwd
3&4 Step R fwd, rock L to L side, recover onto R
5-6 Step L back, step R back
7&8 Step L back, rock R to R side, recover onto L [see ending at bottom]

G. R FWD, 1/4 L PIVOT, CROSS & CROSS, 1/4 L ROCK, RECOVER, LOCK STEP

1-2 Step R fwd, pivot 1/4 turn L (9:00)
3&4 Cross R over L, step L to L side, cross R over L
5-6 Step L fwd into 1/4 L turn, rock back onto R (6:00)
7&8 Step L fwd, step R slightly behind L, step L fwd

H. SIDE ROCK, RECOVER, CROSS, SIDE, CROSS, WALK IN L CIRCLE 360° STEPPING L, R, L, R(&), L

- 1-2 Rock R to R side, recover onto L (angle body slightly L) (6:00)
3&4 Cross R over L, step L to L side, cross R over L
5-6 Step L fwd starting 360° circle to the L, step R fwd continuing around to L
7&8 Finish 360° circle stepping L, R (&), L (run run run, or shuffle) (6:00) [see tag at bottom]

TAG: At the end of wall 3, Section H (facing the back): As you finish the 360° L turn, stomp on count 7 (facing 6:00), hands out to sides and pose; hold on count 8.

You'll hear the break in the music. This happens only once.

ENDING: Wall 6 (starts at the back), during Section F. On counts 7&8 make a ½ L sailor to the front and pose!

Contact: , 650-325-6913, Menlo Park, CA, USA; www.EvelynAndDenny.com

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