

Cos She's A Woman

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Ann Robb (UK) & Alex Robb (UK) - April 2014
音乐: Only a Woman - Enrique Iglesias : (Album: Sex and Love - 4:04)



Intro: 16 counts

Sec. 1: Side, Cross Unwind Full Turn, Side, Behind, 1/4, 1/4 Basic, Side, 1/4 Sailor

1,2& Step R to R side, Cross L over R, Unwind full turn R (weight on R)
3,4& Step L to L side, Step R behind L, Turn 1/4 L stepping fwd on L
5, 6& Turn 1/4 L stepping R long step to R side, Cross rock L behind R, Recover on R
7 Step L to L side
8&1 Turn 1/4 R crossing R behind L, Step L to L side, Step fwd on R

Sec. 2: □ Full Turn Sweep, Behind, Side, Cross, 3/4 Sweep, Jazz Box Cross

2&3 Step fwd on L, Pivot 1/2 R, Turn 1/2 R stepping back on L (sweeping R from front)
4&5 Step R behind L, Step L to L side, Cross R over L
6 Turn 3/4 L, changing weight onto L sweep R from back to front
7&8& Cross R over L, Step back on L, Step R to R side, Cross L over R **Restart walls 2&5**

Sec. 3: □ Side, Cross Point, Side Point, Cross, 1/4 Jazz Box, 1/2, 1/2, Mambo Drag

1 Step R to R side
2&3 Point L toe over R, Point L toe to L side, Cross L over R
(Keep L toe close to floor on points)
4&5 Cross R over L, Turn 1/4 R stepping back on L, Step slightly fwd on R
6,7 Turn 1/2 R stepping back on L, Turn 1/2 R stepping fwd on R
8&1 Rock fwd on L, Recover on R, Long step back on L dragging R to L

Sec. 4: □ Coaster Step, Mambo 1/2, 1/4 Sway, Sway, Rock Behind, Recover

2&3 Step back on R, Step L next to R, Step fwd on R
4&5 Rock fwd on L, Recover on R, Turn 1/2 L stepping fwd on L
6,7 Turn 1/4 L swaying hips to R, Sway hips to L,
8& Rock R behind L, Recover on L

Start Dance Again

Restart on walls 2&5 after counts 16&. Both times facing 6 o clock.

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