

Good Hearted Woman

COPPER KNOB
STEPPERS

拍數: 64 牆數: 2 級數: Easy Intermediate
編舞者: Jan Moir (NZ) - 2016
音樂: Waylon & Willie – Good Hearted Woman



SECTION 1: R CROSS, RECOVER, SHUFFLE TO R, L CROSS, RECOVER, SHUFFLE TO L

1,2,3&4 Cross R over L, Recover on to L, Step R to R, Step L beside R, Step R to R
5,6,7&8 Cross L over R, Recover on to R, Step L to L, Step R beside L, Step L to L

SECTION 2: ROCK BACK, RECOVER FWD, SHUFFLE ½ L, SHUFFLE ½ L, KICK BALL FWD

1,2,3&4 Rock back on R, Recover FWD on L, Shuffle ½ L, Stepping RLR
5&6, 7&8 Shuffle ½ L, Stepping LRL, Kick R FWD, Step R beside L, Step L FWD

SECTION 3: ¼ TURN L, CROSS SHUFFLE, ½ TURN R, CROSS SHUFFLE

1,2,3&4 Step FWD R, ¼ L, Stepping on to L, Step R across L, Step L to L, Step R across L
5,6 ¼ Turn R Stepping back on L, Step ¼ R Stepping R to R
7&8 Step L over R, Step R to Side, Step L across R

SECTION 4: HEEL & CROSS X 2, SIDE ROCK, SAILOR ¼ TURN R

1&2 Touch R heel FWD, Step R beside L, Step L across R,
3&4 Touch R heel FWD, Step R beside L, Step L across R,
5,6,7&8 Rock R to R, Recover on to L, Step R behind L, ¼ R Stepping FWD on R

SECTION 5: ¼ R X 2, ROCK RECOVER, COASTER

1-4 Step FWD L, ¼ R weight on R, Step FWD L, 4 R weight on R,
5-6 Rock FWD L, Recover back on R
7&8 Step back on L, Step R beside L, Step FWD L

SECTION 6: CHARLESTONS X 2

1-4 Touch R toe FWD, Step back on R, Touch L toe back, Step FWD L
5-8 Touch R toe FWD, Step back on R, Touch L toe back, Step FWD L

SECTION 7: SHUFFLE FWD, PIVOT ½ R, SHUFFLE FWD, FULL TURN L

1&2,3,4 Step FWD R, Step L beside R, Step FWD L, Step FWD L Pivot ½ R Stepping FWD R
5&6 Step FWD L, Step R beside L, Step L FWD
7-8 ½ Turn L Stepping back on R, ½ Turn L Stepping L FWD

SECTION 8: SIDE POINTS, HEELS FWD, ROCKING CHAIR

1&2& Point R to R, Step R beside L, Point L to L, Step L beside R
3&4& R heel FWD, Step R beside L, L heel FWD, Step L beside R
5-8 Rock FWD R, Recover back on L, Step Back on R, Recover FWD on L

REPEAT

WALL 5: Dance the first 4 counts of section 3

[1,2,3&4 Step FWD R, ¼ L, Stepping on to L, Step R across L, Step L to L, Step R across L]

ENDING: ¼ R, WALK BACK, COASTER, FWD & FWD

1-2 ¼ Turn R Stepping back on L, Step R back
3&4 Step L back, Step R beside L Step L FWD
& 5 Step R beside L, Step L FWD

Contact: Jan Moir, billjanmoir@gmail.com

