

My Name Is Woman

拍數: 32 牆數: 4 級數: Improver
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音樂: My Name Is Woman by Bye-Girl



Section 1 (1-8) Work x 2, lock cha cha, side toe touch flick, side toe touch,

1,2 Walk forward R, L (1,2)
3&4 Step RF forward (3) Close LF behind RF (&) Step RF forward(4)
5,6 Side toe touch LF (5) LF flick (6)
7,8 Step LF forward over RF (7) Side toe touch RF (8)

Section 2 (9-16) Cuban Breaks, lock cha cha, 1/2 Pivot turn R, full turn

1&2& Step RF cross LF(1) Recover LF (&) Step RF cross LF (2) Recover LF (&)
3&4 Step RF forward (3) Close LF behind RF (&) Step RF forward (4)
5,6 Step LF forward (5) 1/2 turn to right(6)
7&8 Step LF forward (7) 1/2 left turn RF (&) 1/2 turn LF forward (8)

Section 3 (17 – 24) Forward Samba step x 2, Back Samba step x 2

1&2 Step LF cross over RF(1) Side lock RF (&) recover LF(2)
3&4 Step cross over LF(3) side lock LF(&) recover RF(4)
5&6 Cross behind RF(5) side lock RF(&) recover LF(6)
7&8 Cross behind LF(6) side lock LF(&) recover RF(8)

Section 4 (25 – 32) Sailor 1/4 L, 1/4 turn walk x 2, 1/2 turn, Body roll

1&2 1/4 Left turn behind RF(1) step RF to LF together(&) step LF cross over RF (2)
3,4 Step side RF(3) 1/4 turn right step cross back LF (4)
5,6 1/4 turn right (5) 1/2 turn right step back LF (6)
7,8 Body roll (7,8)
