Woman Down



編舞者: Marianne Langagne (FR) & Romain BARTHE TOUNSI (FR) - April 2023

音樂: Woman Down - Carly Pearce



Intro: 16 Counts

Restart: After 32 Counts 3rd Wall (facing 6.00)

Tag/Restart: After 32 Counts 5th Wall (facing 6.00) and Restart

[1-8] WALK R - L, OUT - OUT, IN - IN, CROSS, BACK, COASTER STEP

1-2 RF Fwd, LF Fwd

&3&4 RF to the R, LF to the L (weight on LF), RF to Center, LF next to RF (weight on LF)

5-6 Cross RF over LF, LF Back 7&8 RF Back, Together, RF Fwd

[9-16] STEP 1/2 TURN R, WALK L-R, ANCHOR STEP, BACK TRIPLE

1-2 LF Fwd, ½ Turn R (weight on RF) 6.00

3-4 LF Fwd. RF Fwd

5&6 LF Fwd, Return weight on RF, Return weight on LF

7&8 RF Back, Together, RF Back

[17-24] ½ TURN L, ¼ TURN L, SAILOR STEP, CROSS ROCK, KICK BALL CROSS

1-2 ½ Turn L – LF Fwd (12.00), ¼ Turn L – RF to the R (9.00)

3&4 Cross LF Behind RF, RF to the R, LF to the L

5-6 Cross RF over LF, Recover on LF

7&8 Kick RF to 10.30, RF next to LF, Cross LF over RF

[25-32] SIDE, BEHIND, TRIPLE SIDE R, SIDE WITH SWAY TO L, SWAY TO R, SAILOR STEP 1/4 TURN L

1-2 RF to the R, Cross LF Behind RF 3&4 RF to the R, Together, RF to the R

5-6 LF to the L with Sway to the L, Sway to the R

7&8 Cross LF Behind RF, ¼ Turn L – RF to the R, LF to the L (6h)

HERE RESTART 3rd Wall (Face à 6h)

HERE TAG 5th Wall (Face à 6h) and RESTART

[33-40] WALK R - L, MAMBO FDW, COASTER STEP, TRIPLE 1/2 TURN R

1-2 RF Fwd, LF Fwd

3&4 Rock Fwd on R, Recover on the LF, Step Back on R

5&6 LF Back, Together, LF Fwd

7&8 ¼ Turn R – RF to the R, Together, ¼ Turn R – RF Back (12.00)

[41-48] BACK R - L, COASTER STEP, STEP ½ TURN L, SIDE WITH SWAY TO R, SWAY TO L

1-2 LF Back, RF Back

3&4 LF Back, Together, LF Fwd

5-6 RF Fwd, ½ Turn L (weight on LF) 6.00

7-8 RF to the R with Sway to the R, Sway to the L

TAG

[1-4] JAZZBOX

1-2 Cross RF over LF, LF Back3-4 RF to the R. LF Fwd

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