

# This Woman

**COPPER** KNOB  
STEPPERS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Frank Heelan (IRE) - July 2023  
音樂: Woman Amen - Mike Denver



**Restart: Wall 3 dance first 16 counts and restart facing 9.00**

**Sec 1 Shuffle forward right, shuffle forward left, rock recover, turn ½ turn ¼**

- 1&2      Step forward right, left together, step forward right.
- 3&4      Step forward left, right together, step forward left.
- 5-6      Rock forward on right, recover to left.
- 7-8      Turn ½ right stepping forward on right, turn ¼ right stepping left to left. (9.00)

**Sec 2 Sailor step, back rock, step ½ turn, side rock cross.**

- 1&2      Sweep right behind right, recover to left, step right to right.
- 3-4      Rock back on left, recover to right.
- 5-6      Step forward on left, pivot ½ turn right stepping on right.
- 7&8      Rock left to left, recover to right, cross left over right.(3.00)

**Sec 3 Side together, side rock cross, side together, side rock step.**

- 1-2      Step right to right, step left together.
- 3&4      Rock right to right, recover to left, cross right over left.
- 5-6      Step left to left, step right together.
- 7&8      Rock left to left, recover to right, step left forward.(3.00)

**Sec 4 Rock step, coaster step, rock step, sailor ½ turn.**

- 1-2      Rock forward on right , recover to left.
- 3&4      Step back on right, left together, step forward right.
- 5-6      Rock forward on left, recover to right.
- 7&8      Turn ½ left sweeping left around behind right, recover to right, step left to left.(9.00)

**Contact: [heelanjohnl@gmail.com](mailto:heelanjohnl@gmail.com)**