

Powerful Women

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Improver
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音樂: Powerful Women - Pitbull & Dolly Parton



Intro: 16 counts (Approx 8 sec.)

S1: 1-8 Walk RLR Mambo, Walk Back LRL coaster step

1, 2, 3 & 4 Walk forward RF, LF, RF, Mambo RF
5, 6, 7 & 8 Walk backward LF, RF, LF, coaster step

S2: 9-16 ROCK to the Right, Rock to the Left, Step turn x 2

1 - 2 & 3 - 4 Rock RF to the Right, Rock LF to the Left
5 6 7 8 Step RF to the R, swing your hip from L to R, ¼ Step RF to the R, swing your hip from L to R

S3: 17-24 Jazzbox ¼ turn x 2

1, 2, 3, 4 Step RF over LF, LF back, ¼ turn RF, LF next to RF
5, 6, 7, 8 Step RF over LF, LF back, ¼ turn RF, LF next to RF

S4: 25-32 Toe struts with hip x 2, step ½ turn, step ¼ turn

1, 2 RF toe heel swing your R hip
3, 4 LF toe heel swing your L hip
5, 6 Step RF forward, ½ turn
7, 8 Step RF forward, turn ¼

Start again

No tags, no restart