Lovin' Woman



拍數: 0 牆數: 1 級數: Intermediate

編舞者: Kate McGoran (AUS)

音樂: I Want Your Loving Arms Around Me - Susan McCann



Sequence: A-L, A-D, C-L, A-D, A-D, C-D (finish with 3 paddle turns then stomp right forward)

PART A

SIDE SHUFFLE, ROCK, RECOVER

1&2-3-4 Step right to right, step left next to right, step right to right side, rock back on left, recover on

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5&6-7-8 Step left to left, step right next to left, step left to left side, rock back on right, recover on left

PART B

STEP, TOE, STEP, HEEL, STEP, TOE, STEP, HEEL

1-2-3-4 Step forward on right, touch toe behind right, step back on left, touch right heel forward 5-6-7-8 Step forward on right, touch left toe behind right, step back on left, touch right heel forward

PART C

SWING BACK, RECOVER, STEP, HOLD, SWING FORWARD, RECOVER, STEP, HITCH

1-2-3-4 Swing right back, step right ball down, recover on left, step right forward, hold

5-6-7-8 Swing left forward, step left ball down, recover on right, step left back, hitch right knee up

PART D

STEP, PIVOT, RECOVER (PADDLE TURNS TO LEFT)

1-2 Step forward on right, pivot ¼ turn left on right foot, recover on left

3-8 Repeat 1-2 three times (full turn turning left)

PART E

3 ELVIS KNEES, SIDE POINT

1-2 Step right forward pushing knee inwards, step left forward pushing knee inwards

3-4 Step right forward pushing knee inwards, point left to left side

5-6 Step left forward pushing knee inwards, step right forward pushing knee inwards

7-8 Step left forward pushing knee inwards, point right to right side

PART F

STEP BACK, KICK FORWARD

1-2-3-4 Step back on right, kick left forward, step back on left, kick right forward 5-6-7-8 Step back on right, kick left forward, step back on left, kick right forward

PART G

ROCK SIDE, RECOVER, SIDE, HOLD

1-2-3-4 Rock right to right, recover on left, step cross right over left, hold 5-6-7-8 Rock left to left, recover on right, step cross left over right, hold

PART H

STEP FORWARD, PIVOT TURN KICK FORWARD, COASTER TWICE

Step forward on right, pivot on right ½ turn left with left kick forward
Step left back, step right back next to left, step left forward (coaster step)

5-8 Repeat steps 1-4

PART I

RIGHT & LEFT DOUBLE HIP BUMPS, ROCK, RECOVER, STEP, SCUFF

PART J	
LEFT & RIGHT DOUBLE HIP BUMPS, ROCK, RECOVER, STEP, SCUFF	
1-2-3-4	Step left forward diagonally, bump hips twice left, twice right
5-6-7-8	Rock back on left, recover on right, step forward on left, scuff right forward
PART K	
CROSS, RECOVER, SIDE, HOLD	
1-2-3-4	Step cross right over left, recover on left, step right to right side, hold
5-6-7-8	Step cross left over right, recover on right, step left to left side, hold
PART L	
ROCK FORWARD, RECOVER WITH ½ TURN, STEP FORWARD, HOLD	
1-2-3-4	Rock forward on right, recover on left with ½ turn right, step forward on right, hold
5-6-7-8	Rock forward on left, recover on right with ½ turn left, step forward on left, hold

Rock back on right, recover on left, step forward on right, scuff left forward

Step right forward diagonally, bump hips twice right, twice left

1-2-3-4

5-6-7-8