

This Woman

Count: 32

Wall: 4

Level: Improver

Choreographer: Frank Heelan (IRE) - July 2023

Music: 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 $\frac{1}{2}$ turn $\frac{1}{4}$

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 $\frac{1}{2}$ right stepping forward on right, turn $\frac{1}{4}$ right stepping left to left. (9.00)

Sec 2 Sailor step, back rock, step $\frac{1}{2}$ 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 $\frac{1}{2}$ 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 $\frac{1}{2}$ 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 $\frac{1}{2}$ left sweeping left around behind right, recover to right, step left to left.(9.00)

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