

First Woman

Count: 24

Wall: 4

Level: Absolute Beginner

Choreographer: Kim Ray (UK) - March 2017

Music: One Woman Man - John Legend

#24 count intro from heavy beat

S1: BASIC FORWARD, BASIC BACK

1-3 Step forward on left, step right beside left, step left beside right

4-6 Step back on right, step left beside right, step right beside left (12:00)

S2: LEFT TWINKLE, RIGHT TWINKLE

1-3 Cross step left over right, step right to right side, step left beside right

4-6 Cross step right over left, step left to left side, step right beside left (12:00)

S3: FORWARD, POINT, HOLD, BACK, POINT, HOLD

1-3 Step forward on left, point right to right side, hold

4-6 Step back on right, point left to left side, hold (12:00)

S4: LEFT TWINKLE, CROSS, TOUCH, FLICK ¼ TURN RIGHT

1-3 Cross step left over right, step right to right side, step left beside right

4-6 Cross step right over left, touch left toe to left side, flick left heel back as you make a ¼ turn right (3:00)

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