

## A Woman's Rant

56 Count, 4 Wall, Intermediate, Polka

Choreographer: Séverine Fillion (FR) Jan 2015

Choreographed to: A Woman's Rant by Jo Dee Messina

Intro: 16

- 1 TRIPLE STEP FORWARD (RIGHT & LEFT), STEP, TOUCH, & KICK & TOUCH**  
1&2-3&4 Chassé forward right-left-right, chassé forward left-right-left  
5-6 Step right forward, touch left slightly back  
&7 Step left back, kick right forward  
&8 Step right forward, touch left slightly back
- 2 TRIPLE STEP BACK, COASTER STEP, ¼ TURN & SIDE, TOUCH, KICK BALL CROSS**  
1&2 Chassé back left-right-left  
3&4 Right coaster step  
5-6 Turn ¼ right and step left side, touch right together (3:00)  
7&8 Right kick ball cross
- 3 TRIPLE ¼ TURN, ROCK FORWARD, TRIPLE FULL TURN, STEP FORWARD, HEEL SPLIT**  
1&2 Turn ¼ right and chassé forward right-left-right (6:00)  
3-4 Rock left forward, recover to right  
5&6 Triple in place left-right-left turning a full turn left  
7&8 Step right forward, swivel heels out, swivel heels in
- 4 WALKS BACK WITH HEEL SPLIT, COASTER STEP, STEP ½ TURN**  
1&2 Step right back, swivel heels out, swivel heels in  
3&4 Step left back, swivel heels out, swivel heels in  
5&6 Right coaster step  
7-8 Step left forward, turn ½ right (weight to right) (12:00)
- 5 STOMP FORWARD-BOUNCE (SWITCH LEFT & RIGHT), HEEL SWITCH, HEEL HOOK HEEL**  
1&2& Stomp left forward, raise left heel, lower left heel, step left together  
3&4& Stomp right forward, raise right heel, lower right heel, step right together  
5&6& Touch left heel forward, step left together, touch right heel forward, step right together  
7&8& Touch left heel forward, Hook left over, touch left heel forward, step left together
- Restart from here on wall 2**
- 6 STOMP FORWARD-BOUNCE (SWITCH RIGHT & LEFT), HEEL SWITCH, STOMP, ¼ TURN & KICK, HOOK**  
1&2& Stomp right forward, raise right heel, lower right heel, step right together  
3&4& Stomp left forward, raise left heel, lower left heel, step left together  
5&6& Touch right heel forward, step right together, touch left heel forward, step left together  
7-8& Stomp right together, turn ¼ right and kick right forward, hook right over (3:00)
- 7 TRIPLE FORWARD, STEP ½ TURN, STOMP, STOMP, APPLEJACKS**  
1&2 Chassé forward right-left-right  
3-4 Step left forward, turn ½ right (weight to right) (9:00)  
5-6 Stomp left together, stomp right together  
&7 Swivel left toe/right heel to left, swivel left toe/right heel to center  
&8 Swivel right toe/left heel to right, swivel right toe/left heel to center

**RESTART On wall 2 at 9:00, restart the dance at the beginning after 40 counts**

**TAG** At the end of walls 3 and 5, repeat the last 8 counts (49-56)