

Proud Woman!

32 Count, 4 Wall, Intermediate Choreographer: Fred Whitehouse (IRL) & Niels Poulsen (DK) Oct 2015

Choreographed to: Woman by Stine Bramsen (2:49m)

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[1 - 8]

Intro: 32 count intro from first beat in music (17 secs. into track). Start with weight on L foot *1 Tag: Comes after wall 5, facing 9:00. Tag finishes facing 6:00 - Tag description at bottom of page

Ending: You naturally end facing 12:00! Your last wall starts at 12:00 and finishes on count 15...

To end in a proud female style you can choose to step R to R side leaning into your R hip giving it lots of girly attitude with hands on hips. OR strike a different strong female pose!...

R hitch & heel, ball step, swivel R L heels 1/4 L, behind side cross shuffle, side, touch

1&2 &3&4 5&6	Hitch R knee (1), step back on R (&), touch L heel fwd (2) 12:00 Step L down (&), step R fwd (3), swivel L heel R turning 1/8 L (&), swivel R heel R turning 1/8 L (4) -You've now turned ½ L in total 9:00 Cross L behind R (5), step R to R side (&), cross L over R (6) 9:00
&7&8	Step R to R side (&), cross L over R (7), step R to R side (&), touch L behind R (8) 9:00
[9 – 16] 1 – 2	Push hip L, ¼ L with knee pop, L step lock step, step ½ L, R rock & point R back Rock L to L side pushing hip L (1), recover on R turning ¼ L and popping L knee fwd and popping L shoulder up and R shoulder down (2) 6:00
3&4 5 – 6	As shoulders return to neutral step L fwd (3), lock R behind L (&), step fwd on L (4) 6:00 Step R fwd (5), turn ½ L onto L (6) Styling for count 5: cross arms in front of each other and snap fingers as arms continue up, out to side and down again 12:00
7&8	Rock R fwd (7), recover back on L (&), point R backwards (8) 12:00
[17 – 24] Sit down on R (w. head move), recover, fwd & side rock, jazz ¼ L into chasse ¼ L fwd 1 – 2 Step down on R sitting down in R hip (1), recover L fwd (2) Styling for head roll: look down,then up, then over your R shoulder (1), roll head back to the front recovering onto L (2)12:00	
3&4 5 – 6 7&8	Step R fwd (3), rock L to L side (&), recover on R (4) 12:00 Cross L over R (5), turn ¼ L stepping back on R (6) 9:00 Step L to L side (7), step R next to L (&), turn ¼ L stepping fwd on L (8) 6:00
[25 - 32] 1&2& 3&4 5 - 6 7 - 8	R rocking chair, R kick & point, hip roll with L hip pop, hip roll ¼ R with R knee pop Rock R fwd (1), recover back on L (&), rock back on R (2), recover fwd on L (&) 6:00 Kick R fwd (3), step R next to L (&), point L to L side (4) 6:00 Roll hips anti-clockwise in a circle (1), pop hip to the L (6) 6:00 Roll hips clockwise in a circle (7), turn ¼ R popping R knee fwd and snapping both fingers to the sides (8) 9:00
	ce only, facing 9:00. It's literally 8 counts repeated plus 2 extra walks. at in the Tag is pretty difficult to hear. Listen to Stine's voice and dance after that) Fwd sweep, weave, behind turn step, L full turn, step ¼ rock R, sway L R with looks Fwd on R sweeping L fwd (1) 9:00 Cross L over R (2), step R to R side (&), cross L behind R sweeping R to R side (3) 9:00 Cross R behind L (4), turn ¼ L stepping L fwd (&), step R fwd spinning a full turn L on R (5) 6:00 Step down on L (6), turn ¼ L rocking R to R side (&), recover to L looking to L side (7) 3:00 Rock R to R side looking to R side (8), recover to L dragging R next to L (&) 3:00
[9 - 18] 1 2&3 4&5 6&7 8&1 - 2	Fwd sweep, weave, behind turn step, L full turn, step ¼ rock R, sway L R with looks, ¼ L walking R L Fwd on R sweeping L fwd (1) 3:00 Cross L over R (2), step R to R side (&), cross L behind R sweeping R to R side (3) 3:00 Cross R behind L (4), turn ¼ L stepping L fwd (&),step R fwd spinning a full turn L on R (5) 12:00 Step down on L (6), turn ¼ L rocking R to R side (&), recover to L looking to L side (7) 9:00 Rock R to R side looking to R side (8), turn ¼ L recovering on L (&), walk R fwd (1), walk L fwd (2) 6:00

GOOD LUCK and HAPPY DANCING