

Good Woman

48 Count, 2 Wall, Intermediate (Phrased)
Choreographer: Christa Thomas (USA) Jun 2017
Choreographed to: Good Woman by La'Porsha Renae

Dance begins on 1st beat

Sequence: A, B, TAG, A,*A, B, A,*A,*A*

*On walls marked with an asterisk turn ¼ turn left to start the dance on the proper wall ie front or back alternated. Dance ends with ¼ turn left to face the front wall.

Part A

32 Counts

A[1-8]

Rock, 1/4 Turn, ½ Sweep, Full Turn, Rock, Rec, Run Back, Rock, ¼ Hitch

1,2,3

R rock right side (1), L recover ¼ turn left (2), R step forward whilst sweeping L ½ turn right (3) (3:00)

4&a,5

L step forward (4), R step back ½ turn left (&), L step forward ½ turn left (a), R rock forward (5)

6&a,7,8

L recover (6), step back R-L (&a), R rock back (7), L spin ¼ turn left whilst hitching R (8) (12:00)

A[9-16]

Sweep, Twinkle, Sweep, Twinkle, Twinkle ½ Turn, Twinkle Forward, Sweeps Back

1,2&a

R cross over L while sweeping L forward (1), L cross over R (2), R step back (&), L step slightly to side (a)

3,4&a,5,6

R cross over L while sweeping L forward (3), L cross over R (4), R step back (&), L step slightly to side (a)

5&a

R cross over L (5), L step back ¼ turn right (&), R step forward ¼ turn R (a)

6&a

L step forward (6), R step together with L (&), L step in place (a)

7,8

Right step back whilst sweeping L back (7) L step back whilst sweeping R sweep back (8) (6:00)

A[17-25]

Back, Point, ¼ Turn, Full Turn Twinkle, ½ Spin, Step, ½ Rock, Rec, Full Turn, Sweep

a1,2

R rock back (a), point L forward (1), L step forward whilst spinning ¼ turn left and hitching R (2) (3:00)

3&a

R step forward (3), L step back ½ turn right (&), R step together with L (a) (9:00)

4&a

L step back (4), R step forward ½ turn right (&), L step together with R (a) (3:00)

5,6a,7

R step forward whilst spinning ½ turn R and hitching L (5), L step forward (6), R step back ½ turn left (a), L rock step back (7)

8a

R recover forward spinning ½ turn right(8), L step together with R spinning ½ turn right (a)

1

R step forward while sweeping L forward (1)

A[26-32]

Walk Fwd, Press, Recover, Back, Rock, Recover ½ Turn, Back, Rock

2,3

L cross step forward dragging R forward (2), R cross step forward dragging L forward (3)

4

L press step forward extending left arm forward (4),

5a,6

R recover (5), L step back (a), R rock step back (6)

7a,8

L recover (7), R step back ½ turn left (a), L rock back (8) (9:00)

Part B

16 Counts

B[1-8]

½ Twinkle, ½ Twinkle, ¼ Sweep, Cross, 1/2 Turn, Sway, Sway, Sway, ¼ Hitch

1&a

R step forward (1), L step back ½ turn right (&), R step together with L (a)

2&a

L step back (2), R step forward ½ turn right (&), L step together with R (a) (9:00)

3

R step forward spinning ¼ turn right and sweeping L forward (3)(12:00)

4a

L cross over R (4), R step back ½ turn left (a) (6:00)

5,6,7

L step side swaying shoulders left (5), sway right (6), sway left (7)

8

Sway right spinning ¼ turn right and sweeping L (9:00)

B[9-16]

Cross, Rocks, Step, Touch, Back, Touch, ½ Turn, Rock, ¼ Sweep, Step

1&a,2&a

L cross over R (1), R rock side (&), L recover (a), R cross over L (2), L rock side (&), R recover (a)

3&a

L step forward (3), touch R behind L (&), hold (a)

4&a

R step back (4), L touch forward (&), hold (a)

5a,6

L step forward (5), R step back ½ turn left (a), L rock step back (6) (3:00)

7,8

R step forward spinning ¼ turn right (7), L step side (8) (6:00)

Tag:

1

Sway R to right side while looking to right with left arm extended down to side

2

Sway L to left side while drawing R in to L looking left and drawing back of left hand to forehead

Enjoy!