

This Woman

Choreographer: Bob Hocking
Description: 57 count, waltz partner/circle dance
Music: **This Woman Needs** by Shedaisy 100 bpm
I Loved Her First by Heartland 138 bpm

*Position: Facing each other holding hands. Man facing OLOD.
Opposite footwork unless stated. Man's steps listed Start dancing on lyrics*



Beats / Step Description

STEP SLIDE, STEP SLIDE

- 1-3 Step right side (long step) slide left to right, touch left together
4-6 Step left side (long step) slide right to left, touch right together

STEP TURN ¼ RIGHT, ROCK FORWARD ½ TURN

- 1-3 Step right side, step left together, step right side turn ¼ right (RLOD)
4-6 Rock left forward, recover right back, turn ½ left and step left forward (LOD holding inside hands)

BASIC WALTZ FORWARD TWICE (LADY TURN ½ RIGHT, BASIC BACK)

- 1-3 **MAN:** Step right forward, step left together, step right forward
Right hand over lady's head as she turns to face man
LADY: Step left forward, right, left turn ½ right (RLOD)
4-6 **MAN:** Step left forward, step right together, step left forward (*Double handed hold*)
LADY: Step right back, step left together, step right back

BASIC WALTZ STEP BACK, (LADY TOUCH) LEFT CROSS TWINKLE

Release hands

- 1-3 **MAN:** Step right back, step left together, step left back
LADY: Step left back, step right together, touch left together
4-6 **BOTH:** Left cross twinkle (touching left hands)

RIGHT CROSS TWINKLE, STEP FORWARD TURN ½ LEFT

- 1-3 Right cross twinkle (touching right hands)
4-6 Step left forward, right, left, turn ½ left
Man passing on left of lady (inside) facing each other man facing RLOD

BASIC WALTZ BACK, LEFT TWINKLE

- 1-3 Chassé back right-left-right
4-6 Left cross twinkle (touching left hands)

RIGHT CROSS TWINKLE, STEP FORWARD TURN ½ LEFT

- 1-3 Right cross twinkle (touching right hands)
4-6 Step left forward, right, left, turn ½ left
Man passing on left of lady (outside) facing each other man facing LOD)

BASIC WALTZ BACK, (LADY TOUCH) BASIC FORWARD, LADY ½ TURN

- 1-3 **MAN:** Step right back, step left together, step right back
LADY: Step right back, step left together, touch right together
4-6 **MAN:** Step left forward, step right together, step left forward
Rejoin man's right hand with lady's left hand
LADY: Stepping forward right, left, right turn ½ left
Hands over lady's head as she turns ... inside hand hold

BASIC WALTZ FORWARD, ¼ TURN, CROSS SIDE TOUCH

- 1-3 Step right forward, step left together, Step right forward
4-6 Step left forward turn ¼ right, cross right behind left, step left side (to face lady double hand hold)
7-9 Cross right over left, step left side, touch right together

Smile and Begin Again

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