

# Full Time Woman

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**Count:** 32      **Wall:** 4      **Level:** Improver

**Choreographer:** Frank Heelan ( IRL) January 2019

**Music:** "More Where That Came From" by Cliona Hagan

## **Intro: 16 Counts**

**Restarts 2: --**

**First Restart on wall 3 dance first 24 counts and Restart facing 6.00.**

**Second Restart on wall 6 dance first 24 counts and Restart facing 12.00.**

**Sec 1: Cross rock, side rock, back rock, side, coaster step, turn, turn.**

- 1&2&**      Cross rock right over left, recover to left, rock right to right, recover to left.
- 3&4**      Rock right behind, recover to left, step right to right.
- 5&6**      Step back left, right together, forward left.
- 7-8**      Pivot  $\frac{1}{2}$  right (Weight to right) turn  $\frac{1}{2}$  right stepping back on left. (12.00)

**Sec 2: Sailor step, behind turn step, step turn step, ball step, step.**

- 1&2**      Sweeping right behind left, recover to left, step right to right.
- 3&4**      Step left behind, turn  $\frac{1}{4}$  right stepping forward right, forward left. (3.00)
- 5&6**      Step forward right pivot  $\frac{1}{2}$  left stepping on left, forward right.
- &7-8**      Step on ball of left, step forward ,right , left.

**Sec 3: Mambo step, back, back, back, coaster step, step turn cross.**

- 1&2**      Rock forward on right, recover to left, step right next to left.
- 3&4**      Run back, left, right, left.
- 5&6**      Step back on right, left together, forward right.
- 7&8**      Step forward on left, pivot  $\frac{1}{4}$  right, cross left over right.(12.00)

**Sec 4: Chasse right, sailor  $\frac{1}{4}$  left, shuffle  $\frac{1}{2}$  turn, shuffle  $\frac{1}{2}$  turn.**

- 1&2**      Step right to right, left together, right to right
- 3&4**      Sweeping left around behind right turning  $\frac{1}{4}$  left, step right to right, recover to left.
- 5&6**      Turn  $\frac{1}{4}$  left, step right to side, left together, turn  $\frac{1}{4}$  left, step back right.

**7&8** Turn  $\frac{1}{4}$  left, step left to side, right together, turn  $\frac{1}{4}$  left step forward left. (9.00)

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