

# Natural Woman

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**Count:** 96      **Wall:** 2      **Level:** Intermediate waltz

**Choreographer:** Lu Olsen & Julie Hearne - March 2019 - Ver: 1.01

**Music:** Aretha Franklin / (You Make Me Feel Like) A Natural Woman / Love Songs (iTunes) 2:47

## #4 count intro - Short walls/chorus very easy to hear

### [1 - 12] Diag, Drag, Full R Turn travel to Right, L Twinkle fwd, ½ R turn Twinkle

1, 2, 3      Step L fwd to left 45, Drag R towards L (2 counts) 12.00

4, 5, 6¼ Right turn & step R fwd, ½ Right turn & step L back, ¼ Right turn & step R to Right

1, 2, 3(Left twinkle moving fwd) Cross L over R, Step R to Right, Step L to Left

4, 5, 6(1/2 turn R twinkle) Cross R over L, ¼ Right turn & step L back, ¼ Right turn & Step R to Right, 6.00

### [13 - 24] Fwd, Sweep ¼ turn, Cross, ½ turn, Fwd, Recover, ¼ fwd, R lock fwd

1, 2, 3      Step L fwd, Sweep R into ¼ left turn (2 counts) 3.00

4, 5, 6      Cross R over L, ¼ Right turn & step L back, ¼ Right turn & step R fwd, 9.00

1, 2, 3      Rock L fwd, Replace wght onto R, ¼ Left turn & step L fwd, 6.00

4, 5, 6(R lock fwd) Step R fwd, Lock L behind R, Step R fwd, 6.00

### [25 - 36] Fwd, 7/8R spiral, Fwd, Fwd, Full spiral, Fwd, Fwd, Recover, ¼ Side, Cross, Side, Cross

1, 2, 3      Step L fwd(6.00), Spiral 7/8th Right turn on LF(5.00), Step R fwd 5.00

4, 5, 6      Step L fwd(5.00), Spiral Full Right turn on LF (5.00), Step R fwd 5.00

1, 2, 3      Step L fwd, Replace wght onto R, ¼ Left turn & step L to Left (1.00) 1.00

4, 5, 6      Cross R over L, Step L to Left, Cross R over L(1.00) 1.00

### [37 - 48] Side, Drag, ¼ fwd (5.00), ½ Tog, 1/8th Tog, Basic, Back, ½ fwd, Fwd

1, 2, 3      Step L to Left, Drag R to LF(1.00) (2 counts) 1.00

4, 5, ¼ Right turn & Step R fwd (5.00), ½ Right turn & step L beside R(11.00),

61/8th Right turn & Step R tog (Straighten to 12.00) 12.00

**1, 2, 3(L basic) Step L fwd, Step R beside L, Step L beside R**

**4, 5, 6## Step R back, ½ Left turn & step L fwd, Step R fwd ## 6.00**

**[49 - 60] Fwd/Jump, Quick sweep over, Back, Back, Cross, Back, L Coaster, Fwd, ½ Back, ¼ Fwd**

**1, 2, 3** Step L fwd (Option Jump L fwd), Quick sweep/step R over L, Step L back 6.00

**4, 5, 6** Step R back, Cross L over R, Step R back

**1, 2, 3(L Coaster) Step L back, Step R beside L, Step L fwd**

**4, 5, 6** Step R fwd, ½ Right turn & step L back, ¼ Right turn & step R fwd 3.00

**[61 - 72] Fwd/Jump, Quick sweep over, Back, Back, Cross, Back, L Coaster, Fwd, ½ Back, ½ Fwd**

**1, 2, 3** Step L fwd (Option Jump L fwd), Quick sweep/step R over L, Step L back 3.00

**4, 5, 6** Step R back, Cross L over R, Step R back

**1, 2, 3(L Coaster) Step L back, Step R beside L, Step L fwd**

**4, 5, 6** Step R fwd, ½ Right turn & step L back, ½ Right turn & step R fwd 3.00

**Chorus [73 - 96] ¼ R turn-side, Drag/angle body, Backward L Full Turn to Right, L Sailor, R Twinkle fwd**

**1, 2, 3¼ Right turn & step L to Left(6.00), Drag R towards L angling body to R diag(7.00) (2 counts) 7.00**

**4,(Backward L full turn travelling to Right R,L,R) 3/8th Left turn & step R back(3.00),**

**5, 6\*½ Left turn & step L fwd\*(9.00), ¼ Left turn & step R to Right(6.00) 6.00**

**1, 2, 3(L Sailor) Step L behind R, Step R to Right, Step L to Left**

**4, 5, 6(R twinkle moving fwd) Step R over L, Step L to Left, Step R to Right 6.00**

**L Fwd Coaster, Back, Cross, Back, Back, Cross, Back, R Coaster**

**1, 2, 3(L fwd Coaster) Step L fwd, Step R beside L, Step L back 6.00**

**4, 5, 6** Step R back, Cross L over R, Step R back

**1, 2, 3** Step L back, Cross R over L, Step L back

**4, 5, 6(R Coaster) Step R back, Step L beside R, Step R fwd 6.00**

**WALL 3 Short Wall/Chorus: Dance first 48 counts## omit counts 49-72 continue with (chorus 73-96)**

**Note Walls 3, 4 & 5 Chorus....Count (73) NO  $\frac{1}{4}$  R turn - Step L to Left (6.00) 6.00**

**WALL 4 Chorus only (6.00) counts 73-96 chorus**

**WALL 5 (Ending) Chorus (Dance First 6 counts of Chorus 73 -78 to finish to front)  
Change counts 77\*, 78, 79**

**(77)  $\frac{1}{4}$  Left turn & step L fwd, (78) Step R fwd, (79) Step L fwd/drag R**

**Enjoy!**

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