

R & B WOMAN

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Count: 48

Wall: 2

Level: intermediate

Choreographer: Lisa B. Martin

Music: I Can Be That Woman by Christina Milian

SCUFF STEP, HIPS & HIPS, TAP, TAP, LIFT, SAILOR $\frac{1}{4}$ TURN

- 1-2 Scuff right foot forward, step right to right side
- 3&4 Hips left, right, left. Leave the weight on the your left foot
- 5&6 Tap right foot to right side on the spot twice, lift right foot slightly of the floor
- 7&8 Step right behind left, step left foot a $\frac{1}{4}$ turn left, step right beside left

WALK, WALK, STEP PIVOT $\frac{1}{4}$ STEP, BACK SHIMMIES, CROSS UNWIND $\frac{3}{4}$

- 1-2 Walk forward, left, right
- 3&4 Step forward left, pivot $\frac{1}{4}$ turn right, step left beside right
- 5&6& Walk back on right, left shimming your body
- 7-8 Cross right over left, unwind $\frac{3}{4}$ turn left

JAZZ BOX $\frac{1}{4}$, CROSS SHUFFLE, ROCK STEPS

- 1-2 Step forward right, cross left over right
- 3-4 Step back on right, step left $\frac{1}{4}$ turn left
- 5&6 Cross right over left, step left to left side, cross right over left
- 7&8 Rock left to left side, rock on to right, rock onto left

SCUFF STEP, BODY ROLL STEP, SAILOR STEP, BEHIND UNWIND $\frac{1}{2}$

- 1-2 Scuff right foot forward, step right foot down
- 3-4 Body roll step left beside right
- 5&6 Step right behind left, step left to left side, step right to right side
- 7-8 Put left toe behind right foot, unwind $\frac{1}{2}$ left to face the back

CROSS HOLD, & CROSS HOLD, SIDE ROCK, ROCK BACK RECOVER $\frac{1}{4}$

- 1-2 Cross right over left, hold
- &3-4 Step left to left side, cross right over left, hold
- 5-6 Rock left to left side, recover on right

7&8 Rock back on left, rock forward on right, step left foot $\frac{1}{4}$ turn right

SAILOR $\frac{1}{4}$ TOUCH, WALKS FORWARD, WALKS ROUND FULL TURN

1&2 Step right behind left, step left to left making $\frac{1}{4}$ turn left, touch right beside left

3-4 Walk forward right left

5-8 Make a full turn walking right in a circle on right, left, right, left

REPEAT

TAG

At the end of the 2nd and the 4th perform the last 16 counts again

RESTART

On wall 5 only dance 32 steps of the dance and start again