

Extreme Country Women

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Count: 32

Wall: 2

Level: Intermediate

Choreographer: Luca Di Nicola - January 2018

Music: A Better Woman - Beccy Cole

S1: MAMBO STEP, COASTER STEP, SAILOR 1/2 TURN CROSS, SIDE & HEEL, RECOVER & CROSS

1step forward on your right

e recover onto your left

2step right next to left

3step back on left

e bring right next to left

4step forward left

5step right behind left

e make $\frac{1}{4}$ turn right, stepping left forward

6make $\frac{1}{4}$ turn right, crossing right forward left

e step left to left side

7present right heel forward

e step right next to left

8cross left forward right

S2: KICK BALL TOUCH x2, STEP FORWARD, $\frac{1}{2}$ TURN, FULL TURN, STOMP

1kick right forward

e step right next to left

2touch left toe to left side

3kick left forward

e step left next to right

4touch right toe to right side

5step right forward

6make $\frac{1}{2}$ turn to left

7full turn to right

8stomp left next to right

S2: MONTEREY $\frac{1}{2}$ TURN WITH HOOK, ROLLING GRAPEWINE

1point right to the right

2 $\frac{1}{2}$ turn to the right, recover on right

3point left to the left

4hook left forward right

5turn $\frac{1}{4}$ to left and step forward on left

6turn $\frac{1}{4}$ to left and step right to right side

7turn $\frac{1}{2}$ to left and step left to left side

8touch left next to right

S4: $\frac{1}{2}$ TURN TOE STRUTS, $\frac{1}{2}$ TURN TOE STRUTS, JAZZ BOX

1 $\frac{1}{2}$ turn to the left touching right toe backward

2drop in place

3 $\frac{1}{2}$ turn to the left touching left toe forward

4drop in place

5cross right over left

6right step backward

7step right to the right

8step left forward

TAG: dopo i primi 24 tempi al 3° muro

S1: K STEP

1step right in diagonal forward

2touch left next to right

3step left in diagonal backward

4touch right next to left

5step right in diagonal backward

6touch left next to right

7step left in diagonal forward

8touch right next to left

S2: SHUFFLE FORWARD RIGHT, $\frac{1}{2}$ TURN LEFT AND SHUFFLE FORWARD LEFT, STEP, $\frac{1}{4}$ LEFT TURN, STEP, $\frac{1}{4}$ LEFT TURN

1step forward on right foot

e step left next to right

2step forward on right foot

3 $\frac{1}{2}$ left turn, step forward on left foot

e step right next to left

4step forward on left foot

5step forward right

6on ball of left foot make $\frac{1}{4}$ turn left

7step forward right

8on ball of left foot make $\frac{1}{4}$ turn left

RESTARTS:

on wall 6, dance up to count 24

on wall 7, after 20 count, add 2 stomp (R & L) and restarts

FINAL: do it at the end of 10th wall after only 6 counts MAMBO STEP, COASTER

STEP, SAILOR $\frac{1}{2}$ TURN, STOMP

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