

GOOD HEARTED WOMAN



64 counts • Intermediate

Koreograf: Gilles Labrecque

Musik: Good Hearted Woman by Jennings/Nelson

MAN POSITION: REVERSE CHALLENGE

SEC 1 STEP, PIVOT ½ TURN, SHUFFLE, STEP, PIVOT ½ TURN, ¼ TURN CHASSE

1-2 Step R fwd, Pivot ½ turn L

Partners across shoulder to shoulder

3&4 Shuffle fwd R, L, R

5-6 Step L fwd, Pivot ½ turn R

7&8 Chasse to the R (L-R-L)

SEC 2 BACKROCK, SHUFFLE, WALK, WALK, SHUFFLE

1-2 Rock R back, Recover on L

3&4 Shuffle fwd (R-L-R)

5-6 Step L fwd, Step R fwd

7&8 Shuffle fwd (R-L-R)

SEC 3 STEPS ON SPOT ¼ TURN X 2, TRIPLE STEP, STEP, PIVOT ½ TURN, SHUFFLE

1-2 *Drop R hand*

Step fwd L turning ¼ turn R, Step fwd L turning ¼ turn R

3&4 Triple step (R-L-R)

Release hands

5-6 Step L fwd, Pivot ½ turn R

You are now in L Open Promenade

7&8 Shuffle fwd (L-R-L)

SEC 4 WALK, SHUFFLE STEPS ON SPOT, SHUFFLE

1-2 Step R fwd, Step L fwd

3&4 Shuffle fwd (R-L-R)

Raise L arm and the woman goes below

5-6 Step L in place, Step R in place

Double Hand Hold Position

7&8 Shuffle forward (L-R-L)

SEC 5 SIDE ROCK, CROSS SHUFFLE, SIDE ROCK, TRIPLE STEP

1-2 Rock R to side, Recover on L

3&4 Croosshuffle left (R-L-R)

5-6 Rock L to side, Recover weight on R

Drop L and raise R hand

The woman passes under the arm

7 & 8 Triple step (L-R-L)

Position R Open Promenade

SEC 6 ROCK STEP BACK, SHUFFLE, WALK, WALK, SHUFFLE

1-2 Rock R back, Rrecover on L

3&4 Shuffle fwd (R-L-R)

5-6 Step L fwd, Step R fwd

7&8 Shuffle fwd (L-R-L)

SEC 7 ROCK STEP, SHUFFLE ½ TURN, STEP, PIVOT ½ TURN, ¼ TURN SIDE CHASSE

1-2 Rock R fwd, Recover on L

Drop hands

3&4 Shuffle ½ turn R (R-L-R)

5-6 Step L fwd, Pivot 1/2 turn R

7&8 Turn 1/4 turn R, Chasse L (L-R-L)

Double Hand Hold position

SEC 8 ROCK STEP BACK, ¼ TURN SHUFFLE, STEP ¼ TURN, BEHIND, SIDE CHASSE

1-2 Rock R back, Recover on L

Drop R hand

3&4 Turn 1/4 turn R, Shuffle fwd (R-L-R)

Open Promenade

5-6 Step left ¼ turn R, Step R foot crossed behind L

7&8 Chasse L side (L-R-L)

LADY POSITION: REVERSE CHALLENGE

SEC 1 STEP, PIVOT ½ TURN, SHUFFLE, STEP, PIVOT ½ TURN, ¼ TURN SIDE CHASSE

- 1-2 Step L fwd, Pivot ½ turn R
- 3&4 Shuffle fwd (L-R-L)
- 5-6 Step R fwd, Pivot ½ turn L
The woman crossed in front of man
- 7&8 ¼ turn L side chasse (R-L-R)

SEC 2 BACK ROCK, SHUFFLE, WALK, WALK, SHUFFLE

- 1-2 Rock L back, Recover on R
- 3&4 Shuffle fwd (L-R-L)
- 5-6 Step R fwd, Step L fwd
- 7&8 Shuffle fwd (R-L-R)

SEC 3 WALKS TURNING ½ TURN, TRIPLE STEP, STEP, PIVOT ½ TURN, SHUFFLE

- 1-2 Step fwd L-R, ½ turn left
L should finish in the lower back of the Man
- 3 & 4 Tripple step (L-R-L)
Release hands
- 5-6 Step fwd R, Pivot ½ turn L
R Open Promenade
- 7 & 8 Shuffle fwd (R-L-R)

SEC 4 WALK, SHUFFLE TURNING ½ WALKS TURN, SHUFFLE BACK

- 1-2 Step L fwd, Step R fwd
- 3&4 Shuffle fwd (L-R-L)
Raise R arm and the woman goes below
- 5-6 ½ turn L stepping R-L bcw
Double Hand Hold Position
- 7&8 Shuffle bcw (R-L-R)

SEC 5 SIDE ROCK, CROSS SHUFFLE, SIDE ROCK, SHUFFLE ½ TURN

- 1-2 Rock L to side, Recover on R
- 3&4 Cross shuffle R (L-R-L)
- 5-6 Rock R, Recover on L
Drop R hand. The woman passes under the arm
- 7&8 Shuffle ½ turn L (R-L-R)
Position Right Open Promenade

SEC 6 ROCK STEP BACK, SHUFFLE, WALK, WALK, SHUFFLE

- 1-2 Rock L back, Recover on R
- 3&4 Shuffle fwd (L-R-L)
- 5-6 Step fwd R, Step fwd L
- 7&8 Shuffle fwd (R-L-R)

SEC 7 ROCK STEP, SHUFFLE ½ TURN, STEP, PIVOT ½ TURN, ¼ TURN CHASSE

1-2 Rock L fwd, Recover on R

Drop hands

3&4 Shuffle ½ turn L (L-R-L)

5-6 Step R fwd, Pivot ½ turn L

7&8 Chasse ¼ turn L (R-L-R)

Double Hand Hold position

SEC 8 ROCK STEP BACK, ¼ TURN SHUFFLE, STEP ¼ TURN, BEHIND SIDE CHASSE

1-2 Rock L back, Recover on R

Drop L hand

3&4 Turn ¼ turn L, Shuffle fwd (L-R-L)

Open Promenade Position Left side RLOD

5-6 Step R ¼ turn L, step L foot crossed behind R

7&8 Chasse R-L-R