

Full Time Woman

Count: 32 Wall: 4 Level: Improver

Choreographer: Frank Heelan (IRL) 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 ½ right (Weight to right) turn ½ 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 ¼ right stepping forward right, forward left. (3.00)

5&6 Step forward right pivot ½ 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 ¼ right, cross left over right.(12.00)

Sec 4 Chasse right, sailor ¼ left, shuffle ½ turn, shuffle ½ turn.

1&2 Step right to right, left together, right to right

3&4 Sweeping left around behind right turning ¼ left, step right to right, recover to left.

5&6 Turn ¼ left, step right to side, left together, turn ¼ left, step back right.

7&8 Turn ¼ left, step left to side, right together, turn ¼ left step forward left. (9.00)

Contact: heelanjohnl@gmail.com

