

A Woman's Rant

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Count: 56 **Wall:** 4 **Level:** Intermediate polka

Choreographer: Séverine Fillion (Jan 2015)

Music: A Woman's Rant by Jo Dee Messina (Album : Me)

Intro : 16 counts

[1-8] TRIPLE STEP FWD (RIGHT & LEFT), STEP, TOUCH, & KICK & TAP

1&2-3&4 Triple step right - left - right fwd, Triple step left - right - left fwd

5-6 Right step fwd, touch left toe just behind right

&7 Recover on left back, Right Kick fwd

&8 Recover on right fwd, Tap left toe just behind right

[9-16] TRIPLE STEP BACK, COASTER STEP, ¼ TURN & SIDE, TOUCH, KICK BALL CROSS

1&2 Triple step left - right - left backward

3&4 Right step back, left next to right, right step fwd

5-6¼ turn right stepping left to left, touch right next to left 3:00

7&8 Kick right diagonally right fwd, right next to left (slightly back), left cross over right

[17-24] TRIPLE ¼ TURN, ROCK FWD, TRIPLE FULL TURN, STEP FWD, HEEL SPLIT

1&2¼ turn right & Triple step right - left - right fwd 6:00

3-4 Rock step left fwd, recover on right

5&6 Triple step left - right - left in place full turning left

7&8 Right step fwd, separate both heels OUT, recover both heels IN

[25-32] WALKS BACKWARD with HEEL SPLIT, COASTER STEP, STEP ½ TURN

1&2 Right step back, separate both heels OUT, recover both heels IN

3&4 Left step back, separate both heels OUT, recover both heels IN

5&6 Right step back, left next to right, right step fwd

7-8 Left step fwd, Turn ½ right 12:00

[33-40] STOMP FWD-BOUNCE (SWITCH LEFT & RIGHT), HEEL SWITCH, HEEL HOOK HEEL

1&2 Stomp left fwd, lift and drop left heel in place

- &3&4** Recover on left, Stomp right fwd, lift and drop right heel in place
- &5&6** Recover on right, touch left heel fwd, recover on left, touch right heel fwd
- &7&8** Recover on right, touch left heel fwd, Hook left, touch left heel fwd
- &** Recover on left

*** Restart - wall 2**

[41-48] STOMP FWD-BOUNCE (SWITCH RIGHT & LEFT), HEEL SWITCH , STOMP, ¼ TURN & KICK, HOOK

- 1&2** Stomp right fwd, lift and drop right heel in place
- &3&4** Recover on right, Stomp left fwd, lift and drop left heel in place
- &5&6** Recover on left, touch right heel fwd, recover on right, touch left heel fwd
- &7-8** Recover on left, Stomp right next to left, ¼ turn right with right Kick fwd 3:00
- &** Hook right cross over left leg

[49-56] TRIPLE FWD, STEP ½ TURN, STOMP, STOMP, APPLEJACKS

- 1&2** Triple step right - left - right fwd
- 3-4** Left step fwd, Turn ½ right 9:00
- 5-6** Stomp left in place, Stomp right next to left
- &7&8** Applejacks in place

RESTART : On wall 2 at 9:00, Restart the dance at the beginning after 40 counts

TAG : At the end of wall 3 : Dance one time more the 8 last counts (49-56) then restart at 12:00

At the end of wall 5 : Dance 3 times more the 8 last counts (49-56) then restart at 12:00

Start again and enjoy!