

High Tone Woman

Choreography : Carina Slijters
: Partner dance
Niveau : Novice
Counts : 32
BPM : 129 (Polka)
Music : "High Tone Woman" by George Strait
Cd : Somewhere Down In Texas
Intro : Starts after 16 counts
Start position : Closed Position

Man

Shuffle Right-Left Forward, Walks Right-Left, Shuffle Left Forward

1. RF Step forward
& LF Step next to RF
2. RF Step forward
3. LF Step forward
& RF Step next to LF
4. LF Step forward
5. RF Step forward
6. LF Step forward
7. RF Step forward
& LF Step next to RF
8. RF Step forward

Counts 5&6: Release right hand & raise left hand

Counts 7&8: Right parallel position

Walks Left-Right, Shuffle Left Forward, Step Forward, ½ Turn Left, Shuffle ½ Left

1. LF Step forward
2. RF Step forward
3. LF Step forward
& RF Step next to LF
4. LF Step forward
5. RF Step forward
6. Make ½ turn left
7. RF Make ¼ turn left, step to right
& LF Step next to RF
8. RF Make ¼ turn left, step backwards

Counts 1-2: Release right hand & raise left hand.

Count 3: Right hand rejoin left hand lady in Open Hand Position.

Count 6: Release right hand.

Count 8: Right hand rejoin left hand lady in Right Open Promenade Position

Rock Step, Kick Ball Step, Rock Step, Coaster Step

1. LF Step forward
2. RF Weight back
3. LF Kick forward
& LF Step next to RF
4. RF Step forward
5. LF Step forward
6. RF Weight back
7. LF Step backwards
& RF Step next to LF
8. LF Step forward

Shuffle Right Forward, Side Shuffle with ¼ Turn Right, ¼ Turn Left, Walk Left-Right-Left

1. RF Step forward
& LF Step next to RF
2. RF Step forward
3. LF Make ¼ turn right, step to left
& RF Step next to LF
4. LF Step to left
5. RF Make ¼ turn left, step forward
6. LF Step forward
7. RF Step forward
8. LF Step forward

Count 3: Rejoin left hand with right hand lady on shoulder height.

Count 5: Release right hand & raise left hand

Counts 7-8: Closed Position

Repeat

Lady

Shuffle Left-Right Backwards, Full Turn Left, Shuffle Left Backwards

1. LF Step backwards
& RF Step next to LF
2. LF Step backwards
3. RF Step backwards
& LF Step next to RF
4. RF Step backwards
5. LF Make ¼ turn left, step forward
6. RF Make ¼ turn left, step backwards
7. LF Step backwards
& RF Step next to LF
8. LF Step backwards

Full Turn Right, Shuffle ½ Turn Right, Step Forward, Shuffle ½ Turn Right

1. RF Make ½ turn right, step forward
2. LF Make ½ turn right, step backwards
3. RF Make ¼ turn right, step to right
& LF Step next to RF
4. RF Make ¼ turn right, step forward
5. LF Step forward
6. Make ½ turn right
7. LF Make ¼ turn right, step to left
& RF Step next to LF
8. LF Make ¼ turn right, step backwards

Rock Step, Kick Ball Step, Rock Step, Coaster Step

1. RF Step forward
2. LF Weight back
3. RF Kick forward
& RF Step next to LF
4. LF Step forward
5. RF Step forward
6. LF Weight back
7. RF Step backwards
& LF Step next to RF
8. RF Step forward

Shuffle Left, Side Shuffle with ¼ Turn Left, ¾ Turn Right, Walk Left Right

1. LF Step forward
& RF Step next to LF
2. LF Step forward
3. RF Make ¼ turn left, step to right
& LF Step next to RF
4. RF Step to right
5. LF Make ¼ turn right, cross over RF
6. RF Make ½ turn right, step backwards
7. LF Step backwards
8. RF Step backwards

Repeat