

If I Was a Woman

Classic Line Dance – Intermediate A

Usage date – 18/09/2024 – 16/09/2025



Dance Style : Lilt (East Coast Swing)
Description : 96 Counts, 2 Wall
Choreographer : Young Soon Song
Music : 'If I was a woman' by Trace Adkins feat Blake Shelton

1-8: R SIDE SHUFFLE, ROCK BACK, RECOVER, L SIDE SHUFFLE, ROCK BACK

1 RF Step to right side.
& LF Step together.
2 RF Step to right side.
3 LF Rock back.
4 RF Recover.
5 LF Step to left side.
& RF Step together.
6 LF Step to left side.
7 RF Rock back.
8 LF Recover.

9-16: SYNCOPATED WEAVE, ROCK SIDE, ½ TURN R SAILOR STEP

& RF Step to right side.
1 LF Step behind RF.
2 LF Hold.
& RF Step to right side.
3 LF Cross over RF.
& RF Step to right side.
4 LF Step behind RF.
5 RF Rock to right side.
6 LF Recover.
7 RF Step behind LF.
& LF Make ½ turn right and step on place (06:00).
8 RF Step forward.

17-24: SHUFFLE FWD, ROCK FORWARD, RECOVER, ½ TURN R (X2), KICK BACKWARDS, BALL STEP

1 LF Step forward.
& RF Step together.
2 LF Step forward.
3 RF Rock forward.
4 LF Recover.

5 RF Make ½ turn right and step forward.
6 LF Make ½ turn right and step back.
7 RF Kick backwards.
& RF Step beside LF.
8 LF Step forward.

25-32: POINT, CROSS, POINT, CROSS, ⅛ R KICKBALL CROSS (X2)

1 RF Point to right side.
2 RF Cross over LF.
3 LF Point to left side.
4 LF Cross over RF.
5 RF Make ⅛ turn right and kick forward (07:30).
& RF Step beside LF on ball of foot.
6 LF Cross over RF.
7 RF Make ⅛ turn right and kick forward (09:00).
& RF Step beside LF on ball of foot.
8 LF Cross over RF.

33-40: ROCK SIDE, RECOVER, BEHIND, SIDE, CROSS, BALL, ROCK SIDE, ¼ R SAILOR STEP

1 RF Rock to right side.
2 LF Recover.
3 RF Step behind LF.
& LF Step to left side.
4 RF Cross over LF.
& LF Close to RF on ball of foot.
5 RF Rock to right side.
6 LF Recover.
7 RF Step behind LF.
& LF Make ¼ turn right and step forward (12:00).
8 RF Step forward.

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41-48: ½ L, ½ L, SAILOR STEP, TWIST, RECOVER, ½, ½

- 1 LF Make ½ turn left and step forward (06:00).
- 2 RF Make ½ turn left and step back (12:00).
- 3 LF Step behind RF.
- & RF Step together.
- 4 LF Step forward.
- 5 BH Lift both heels and twist ¼ right (03:00).
- 6 BH Recover ¼ turn left and release both heels (12:00).
- 7 RF Make ½ turn right and step forward (06:00).
- 8 LF Make ½ turn right and step back (12:00).

49-56: SWIVEL (X3), ¼ L, ½ L, ¼ L SAILOR STEP

- 1 RF Swivel and step right.
- 2 Hold.
- 3 LF Swivel and step left.
- 4 RF Swivel and step right.
- 5 LF Make ¼ left and step forward (09:00).
- 6 RF Make ½ turn left and step back (03:00).
- 7 LF Step behind RF.
- & RF Make ¼ turn left and step to side (12:00).
- 8 LF Step forward.

57-64: KICK L, R, TOUCH BEHIND, KICK R, BALL, CROSS, UNWIND ¾ TURN R, SIDE DRAG WITH SHIMMY

- 1 RF Cross kick over LF.
- 2 RF Kick to right side.
- 3 RF Touch behind LF.
- 4 RF Kick to right side.

- & RF Step to right on ball.
- 5 LF Cross over RF.
- 6 LF Spiral full turn to right with weight on LF.
- 7-8 RF Drag to right side with shimmy.

65-72: ⅛ R FORWARD, HITCH WITH HOP, COASTER STEP, KICK X2, BEHIND, SIDE, CROSS

- 1 LF Make ⅛ turn right and step forward (01:30).
- & RF Hitch and hop on LF.
- 2 RF Step back.
- 3 LF Step back.
- & RF Close to LF.
- 4 LF Make ⅛ turn left and cross over (12:00).
- 5 RF Kick to right side.
- 6 RF Kick to right side.
- 7 RF Step behind LF.
- & LF Step to left side.
- 8 RF Cross over LF.

73-80: SIDE ROCK, ¼ R, ROCK, ½ R, SYNCOPATED JAZZBOX, ¾ L

- 1 LF Rock to left side.
- 2 RF Make ¼ turn right and step forward (03:00).
- 3 LF Rock forward.
- 4 RF Make ½ turn right and step forward (09:00).
- 5 LF Cross over RF.
- 6 RF Step back.
- & LF Step together.
- 7 RF Step forward.
- 8 LF Make ¾ turn left and step side (04:30).

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81-88: FORWARD, HITCH WITH HOP, COASTER STEP, KICK (X2), BEHIND, SIDE, FORWARD

- 1 RF Step forward.
- & LF Hitch and hop on RF.
- 2 LF Step back.
- 3 RF Step back.
- & LF Step together.
- 4 RF Make $\frac{1}{8}$ turn right and cross over LF
(06:00).
- 5 LF Kick to left side.
- 6 LF Kick to left side.
- 7 LF Step behind RF.
- & RF Step to right side.
- 8 LF Step forward.

89-96: STEP FORWARD, $\frac{1}{2}$ L, STEP FORWARD, $\frac{1}{2}$ L, JAZZ BOX

- 1 RF Step forward.
- 2 LF Make $\frac{1}{2}$ turn left and step forward
(12:00).
- 3 RF Step forward.
- 4 LF Make $\frac{1}{2}$ turn left and step forward
(06:00).
- 5 RF Cross over LF.
- 6 LF Step back.
- & RF Step to right side.
- 7 LF Cross over RF.