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First Woman

24 Count, 4 Wall, AB

Choreographer: Kim Ray (March 2017)

Choreographed to: One Woman Man by John Legend

24 count intro from heavy beat

S1 Basic Forward, Basic Back

1-3 Step forward on left, step right beside left, step left beside right
4-6 Step back on right, step left beside right, step right beside left (12:00)

S2 Left Twinkle, Right Twinkle

1-3 Cross step left over right, step right to right side, step left beside right
4-6 Cross step right over left, step left to left side, step right beside left (12:00)

S3 Forward, Point, Hold, Back, Point, Hold

1-3 Step forward on left, point right to right side, hold
4-6 Step back on right, point left to left side, hold (12:00)

S4 Left Twinkle, Cross, Touch, Flick ¼ Turn Right

1-3 Cross step left over right, step right to right side, step left beside right
4-6 Cross step right over left, touch left toe to left side, flick left heel back as you make a ¼ turn right (3:00)