

More Than A Woman

Choreographer: Christian Schidler and Jan Trinkaus – Germany

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Music: *More Than a Woman* by TWOPILOTS & Yann Muller, from the album

“More Than a Woman - Single”, Track 1, 2:46 Available from iTunes.

Tempo: approximately ±0% to -15%

Phase V + 2 + 2

Rock Whip, Sugar Push Hook Turn

Inside Whip with Outside Turn,

Tuck Left Side with Inside Turn

Difficulty: Average

West Coast Swing

Building blocks are used in the details. They are marked with <XY>. Please find the description on page 3.

Intro – A – B – C – A – B – C – Ending

Intro

1 - 4 Wait 1 Measure in Closed Position facing Wall Lead Foot Free ;

4 Side Touches ;; Throwout stay facing Wall ;

Measure	Leader (M)	Follower (W)
1	Wait 1 meas Closed Position facing Partner & WALL, Lead feet free;	
2-3 Side Touches	Sd L, tch R, sd R, tch L; Sd L, tch R, sd R, tch L;	Sd R, tch L, sd L, tch R; Sd R, tch L, sd L, tch R;
4 Throwout	Fwd & sd L/ fwd R, cl L, <AS>;	Bk & sd R/ bk L, bk R, <AS>;
Left Open Facing / WALL		

A

1 - 4 Push Break ;,, Left Side Pass ,;; Underarm Turn ; ...

5 - 8 ... ,, Sugar Push ,;; Whip Turn ;;

1-2.5 Push Break	Bk L, bk R, bk L/ cl R, fwd L; <AS>;,,	Fwd R, fwd L, fwd R/ cl L, bk R; <AS>;,,
	Left Open Facing / WALL	
2.5-3 Left Side Pass	Bk L comm LF turn, turn ¼ LF bk R; cl L/ cl R, turn ¼ RF fwd L, <AS>;	Fwd R, fwd L comm LF turn; <FC>;,, <AS>;
4-5.5 Underarm Turn	Bk L out of the slot, XRif comm RF turn lead W to turn under joined hands, turn ¼ RF sd L/ cl R, turn ¼ RF sd & bk L; <AS>;,,	Fwd R fwd L comm LF turn, fwd R turning LF/ XLif, sd & bk R; <AS>;,,
	Left Open Facing / WALL	
1-2.5 Sugar Push	Bk L, bk R, tch L, fwd L; <AS>;,,	Fwd R, Fwd L, tch R, bk R; <AS>;,,
	Left Open Facing / WALL	
7-8 Whip Turn	Bk L out of the slot, XRif comm RF turn, turn ¼ RF sd L/ cl R, turn ¼ RF sd & bk L; turning RF XRif, turning RF sd L, <AS>;	Fwd R, fwd L turning ½ RF, bk R/ cl L, fwd R; swivel RF sd L, swivel RF sd & bk R, <AS>;
	Left Open Facing / WALL	

B

- 1 - 4 Sugar Tuck & Spin ;,, Tuck Left Side Pass with Inside Turn ;,
 Inside Whip with Outside Turn ;
- 5 - 8 Stack Left over Right ; Straight Whip ;; Push Break ; ...
- 9 - 11 ... ,, Sugar Wrap Knee Lift Unwrap ;,, Half Whip ; ...

5.5-6 Tuck & Spin	Bk L, bk R lead W to tuck; Tch L, fwd L lead W to spin, <AS>;	Fwd R, fwd L twd body center of M tucking; Tch R, turn ½ RF fwd R spin ½ RF, <AS>;
	Left Open Facing / WALL	
2.5-3 Tuck Left Side Pass with Inside Turn	Bk L lead W to tuck, bk R comm LF turn; turn ¼ LF sd L/ cl R, fwd L, <AS>;	Fwd R swivel RF twd M's center, fwd L swivel LF; Fwd R/ cl L spin RF, sd & bk R, <AS>;
	Left Open Facing / COH	
4-5 Inside Whip with Outside Turn; Stack Left over Right;	Bk L out of the slot, XRif comm RF turn lead W to turn under joined hands, turn ¼ RF sd L/ cl R, turn ¼ RF sd & bk L; turning RF XRib lead W to turn under joined hands, turning RF sd L, <AS>;	Fwd R, fwd L turning ½ LF, bk R/ cl L, fwd R; swivel RF sd & fwd L, turn RF fwd R, fwd L, <AS>;
	Left Open Facing / COH, Stacked Hands L over R	
6-7 Straight Whip	Bk L out of the slot raise joined hands, XRif comm RF turn, turn ¼ RF sd L/ cl R, turn ¼ RF sd & bk L; turning RF XRib, turning RF sd L, <AS>;	Fwd R, fwd L, fwd R/ cl L, bk R; bk L, bk R, <AS>;
	Left Open Facing / COH	
8-9.5 Push Break	→ 1.1	
9.5-10 Sugar Wrap Knee Lift Unwrap	Bk L, small bk R lead W to Wrap; Tch L, fwd L, <AS>;	Fwd R, fwd L swivel ½ RF; Lift R knee, fwd R swivel ½ LF, <AS>;
11... Half Whip (Takes a meas of the next part)	Bk L out of the slot, XRif comm RF turn, turn ¼ RF sd L/ cl R, turn ¼ RF sd & fwd L checking W's motion; Fwd R, fwd L, <AS>;	Fwd R, fwd L turning ½ RF, bk R/ cl L, fwd R checking; Bk L, bk R, <AS>;
	Left Open Facing / WALL	

C

- 1 - 4 ... ; Rock Whip ;,,
- 5 - 8 Sugar Push Hook Turn Right-Hands ;,, Right Side Pass ;; Surprise Whip ; ...
- 9 - 12 ... ; Alternating Underarm Turn ;,, Sugar Wrap Knee Lift Unwrap ;,,

1 Finish Half Whip		
2-4 Rock Whip	Bk L out of the slot, XRif comm RF turn, turn ¼ RF sd L/ cl R, turn ¼ RF sd & bk L; Rk fwd R turning RF, rec bk L turning RF, rk fwd R turning RF, rec bk L turning RF; Rk fwd R, rec bk L, <AS>;	Fwd R, fwd L turning ½ RF, bk R/ cl L, fwd R; Rk bk L turning RF, rec fwd R turning RF, rk bk L turning RF, rec R turning RF; Rk bk L, rec fwd R, <AS>;
	Left Open Facing / WALL	
5-6.5 Sugar Push Hook Turn	Bk L, bk R, tch L, fwd L; XRib turn RF/ sd L, cl R,	Fwd R, Fwd L, tch R, bk R; <AS>,,
	L-Position M facing RLOD / Right Hands	
6.5-7 R Side Pass	Turning ¼ LF Fwd L, bk R; Fwd L/ cl R, fwd L, <AS>;	Fwd R, fwd L comm LF turn; <FC>,, <AS>;

8-9 Surprise Whip	Bk L out of the slot, XRif comm RF turn, turn ¼ RF sd L/ cl R, turn ¼ RF sd & bk L; Ck fwd R swivel W, rec L lead W to Outside Turn, <AS>;	Fwd R, fwd L turning ½ RF, bk R/ cl L, fwd R; Swivel RF bk L, rec R turning ½ RF, <AS>;
10-11.5 Alternating Underarm Turn	Bk L out of the slot, XRif comm RF turn lead W to turn under joined hands, turn ¼ RF sd L/ cl R, turn ¼ RF fwd L spin LF; <AS>;	Fwd R fwd L comm LF turn, fwd R turning LF/ XLif, sd & bk R; <AS>;
11.5-12	→ B 9.5	

Ending

1 - 4 Rock Whip ;;; Surprise Whip ; ...

5 - 8 ... ; Tuck Left Side Pass with Inside Turn ;,, Sugar Wrap Knee Lift Lunge Side & Look ,;;

3.5-4 Sugar Wrap Knee Lunge Side & Look	Bk L, small bk R lead W to Wrap; Tch L, sd L, -, -;	Fwd R, fwd L swivel ½ RF; Lift R knee, sd R, -, -;
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Building Blocks

Anchor-Step <AS>

0.5	Bk L/ cl R [R instep to the heel of L], small bk R,	Bk R/ cl L [L instep to the heel of R], small bk L,
	Left Open Facing	

Sugar Preparation <SP>

	Bk L, bk R, tch L,	Fwd R, fwd L, tch R,
	Bfly / Hands Low	

Frensh Cross <FC>

0.5		Fwd R turning LF/ XLif cont turn, bk R
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Whip Preparation <WP>

1	Bk L out of the slot, XRif comm RF turn, turn ¼ RF sd L/ cl R, turn ¼ RF sd & bk L;	Fwd R, fwd L turning ½ RF, bk R/ cl L, fwd R;
	Closed Position, ½ turn completed	

Phase IV	Phase V	Phase VI	Unphased
Throwout	Whip Turn	Rock Whip	Tuck Left Side Pass with
Push Break	Straight Whip	Sugar Push Hook Turn	Inside Turn
Left Side Pass	Half Whip		Inside Whip with Outside Turn
Underarm Turn	Surprise Whip		
Sugar Push	Alternating Underarm Turn		
Sugar Tuck & Spin	Sugar Wrap Knee Lift Unwrap		
Right Side Pass			

More Than A Woman

West Coast Swing – Phase V + 2 + 2 – Difficulty: Average

Rock Whip, Sugar Push Hook Turn, Inside Whip with Outside Turn, Tuck Left Side Pass with Inside Turn

Intro

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4 Side Touches ;; Throwout stay facing Wall ;

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- 1 - 4 Push Break ;,, Left Side Pass ,;; Underarm Turn ; ...
5 - 8 ... ,, Sugar Push ,;; Whip Turn ;;

B

- 1 - 4 Sugar Tuck & Spin ;,, Tuck Left Side Pass with Inside Turn ,;;
Inside Whip with Outside Turn ;
5 - 8 Stack Left over Right ; Straight Whip ;; Push Break ; ...
9 - 11 ... ,, Sugar Wrap Knee Lift Unwrap ,;; Half Whip ; ...

C

- 1 - 4 ... ; Rock Whip ;;;
5 - 8 Sugar Push Hook Turn Right-Hands ;,, Right Side Pass ;; Surprise Whip ; ...
9 - 12 ... ; Alternating Underarm Turn ;,, Sugar Wrap Knee Lift Unwrap ,;;

A

- 1 - 4 Push Break ;,, Left Side Pass ,;; Underarm Turn ; ...
5 - 8 ... ,, Sugar Push ,;; Whip Turn ;;

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- 1 - 4 Sugar Tuck & Spin ;,, Tuck Left Side Pass with Inside Turn ,;;
Inside Whip with Outside Turn ;
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Ending

- 1 - 4 Rock Whip ;;; Surprise Whip ; ...
5 - 8 ... ; Tuck Left Side Pass with Inside Turn ;,, Sugar Wrap Knee Lift Lunge Side & Look ,;;