

A BETTER WOMAN

Level: Basic +3 **Genre:** Country
Artist: Beccy Cole CD Album, The Best of CMC 2006
Choreo: Kathy Hedger, Capital cloggers Canberra,
Yass Country Cloggers katjoy@iimetro.com.au
Speed: Normal **Length:** 2.39
Sequence: Intro, A B Break A* B Interlude C
Wait: 8 beats; Left foot lead

Quick Cues

Intro (8 beats)

4 2 Front Touch
4 Fancy Double

Part A (64 beats)

4 Slur Brush (1/2 L)
4 Chain (R)
8 Cowboy
4 Slur Brush (1/2 L)
4 Chain (R)
8 2 Windster
4 2 Slur Step (L)
4 Rock & Kick
4 2 Slur Step (R)
4 Rock & Kick
4 2 Kentucky Drag (L)
4 Triple
4 2 Kentucky Drag (R)
4 Triple (Rft)

Part B (24 beats)

4 Stomp Double (1/2 L)
4 Vine (R)
4 Stomp Double (1/2 L)
4 Vine (R)
6 3 Rock Pull
2 Basic

Break (16 beats)

16 2 Fancy Vine (L & R)

Part A* (32 beats)

4 Slur Brush (1/2 L)
4 Chain (R)
8 Cowboy
4 Slur Brush (1/2 L)
4 Chain (R)
8 2 Windster

Part B (24 beats)

4 Stomp Double (1/2 L)
4 Vine (R)
4 Stomp Double (1/2 L)
4 Vine (R)
6 3 Rock Pull
2 Basic

Quick Cues

Interlude (32 beats)

4 Travelling Pivot (1/2 L)
4 Fancy Double
24 REPEAT 3 TIMES

Part C (59 beats)

4 Walk It Over
4 Triple
4 Walk It Over (Rft)
4 Triple (Rft)
4 Stomp Double (1/2 L)
2 Basic (Rft)
4 Stomp Double (1/2 L)
4 Vine (R)
6 3 Rock Pull
2 Basic
4 Windster
4 Chain (BK)
6 3 Rock Pull
2 Basic
5 Stepping Ma'am



Amended to ACA
Recommended Format
7 JAN 2021

Step Definitions - A Better Woman

FRONT TOUCH:

DS TCH(F) H
L R L
&1 & 2

FANCY DOUBLE:

DS DS RS RS
L R LR LR
&1 &2 &3 &4

SLUR BRUSH:

DS (OTS) SLR-S (XIB) DS BR H
L R R L R L
&1 & 2 &3 & 4

CHAIN: (Rft lead)

DS RS RS RS (MOVE FWD BK L OR R)
R LR LR LR
&1 &2 &3 &4

COWBOY:

[DS DS DS BR(XIF) H] (FWD) [DS (XIF) R(BK) S (XIF) R(BK) S (XIF) R(BK) S (XIF)] (BK)
L R L R L R L R L R L R
&1 &2 &3 & 4 &5 & 6 & 7 & 8

WINDSTER:

DS BR(XIF) H BR(X) H RS (BR CAN BE DT)
L R L R L RL
&1 & 2 & 3 &4

ROCK & KICK:

RS DS RS K H
LR L RL R L
&1 &2 &3 & 4

KENTUCKY DRAG:

DS-DR S (XIF)
L L R
&1 & 2

TRIPLE:

DS DS DS RS
L R L RL
&1 &2 &3 &4

STOMP DOUBLE:

(P) STO DS DS RS (CAN BE DR INSTEAD OF (P) AT START)
L R L RL
& 1 &2 &3 &4

VINE: (Rft lead)

DS (OTS) DS (XIB) DS (OTS) RS
R L R LR
&1 &2 &3 &4

ROCK PULL:

R S (DIAG) PULL-S (BS)
L R L L
& 1 & 2

FANCY VINE:

DS (OTS) DS (XIF) DS (OTS) RS DS (XIF) DS (OTS) RS RS
L R L RL R L RL RL
&1 &2 &3 &4 &5 &6 &7 &8

TRAVELLING PIVOT:

DS (OTS) DS (XIF) DS (OTS) PVT (R) / LOOP-S (BK)
L R L L / R R
&1 &2 &3 & 4

WALK IT OVER:

DS (OTS) DS (XIF) DR S (BK) DR S (OTS)
L R R L L R
&1 &2 & 3 & 4

BASIC:

DS RS
L RL
&1 &2

STEPPING MA'AM:

(P) S (P) S R S (OTS) (P) TT (XIB) (P) S (OTS)
L R L R L L
& 1 & 2 & 3 & 4 & 5