

A Woman of Substance

Music: She's A Lady/Tom Jones/She's A Lady/iTunes
Choreographer: Sandy Kerrigan (Sydney) Australia – January 2026
sandykerrigan@optusnet.com.au
Dance Description: 4 Wall 32 Count - Improver Line Dance - Version 1:00
Dance Info: Dance starts wt on Left-Dance starts on lyrics.
BPM [119:24] Track Length 2:54 – One Tag - One Restart.

R Side Shuffle, Back Rock Step, L Side Shuffle, Back Rock Step 12:00

1 & 2 3 4 Step R to R Side, Step L to R, Step R to R, Rock Back L, Replace Fwd to R
5 & 6 7 8 Step L to L Side, Step R to L, Step L to L, Rock Back R, Replace Fwd to L**

Cross, Point, Cross, Point, Jazz Box Turn ¼ R 3:00

1 2 3 4 Cross R over L, Point L to L side, Cross L over R, Point R to R Side
5 6 7 8 Cross R over L, ¼ R-Step Back on L, Step R to R Side, Cross L over R

¾ R Circular Walk around, Step Side, Tap, Step Side, Tap 12:00

1 2 3 4 Walk Around circular ¾ R to 12:00-R, L, R, Step Fwd L 12:00
5 6 7 8 Step R to R Side, Tap L next to R, Step L to L Side, Tap R next to L

¼ R Turning K-Step 3:00

1 2 3 4 Step R Fwd to R 45, Tap L to R, Step Back L to 12:00, Tap R to L
5 6 7 8 Turning ¼ R- Step R to R Side, Tap L next to R, Step L to L, Tap R to L
32

Note: **Wall 6: Dance the first 8 counts: Add the following 2 count tag below
And restart facing: 3:00 wall

1 2 Stomp R to L, Stomp L to R

Ending: Last Wall starts facing 3:00: The walk around becomes ½ R from 6:00 to 12:00 to finish with L Foot Fwd.