



# CARELESS WOMAN

**Music :** Careless woman – Tami Neilson (2022)

**Choreographers :** Chrystel Durand & Guillaume Richard (feb 2026)

**Description :** 56 counts, 2 walls, no tag no restart

**Level :** intermediate

**Intro :** 3 x 8

## 1-8 CAMEL WALK R & L, RUN RUN RUN, HITCH, ½ TURN WEAVE

- 1-2 Step right forward, bringing left next to right with knee bent, Step left forward bringing right next to left with knee bent
- 3&4& 3 short running steps (RLR), hitch left knee
- 5& Cross left over right, 1/8 turn left stepping right to right side 10.30
- 6& 1/8 turn left crossing left behind right, step right to right side 9.00
- 7& 1/8 turn left crossing left over right, 1/8 turn left stepping right to right side 6.00
- 8& Cross left behind right, step right next to left

## 9-16 HEEL FLICK HEEL, BEHIND SIDE CROSS, ROCK SIDE, KICK, TOUCH, HEEL FANS

- 1&2 Left heel diagonally left forward, left flick backwards and outwards, left heel diagonally left forward,
- 3&4 Cross left behind right, step right to right side, cross left over right
- 5&6& Rock right to right side, recover on left, kick right forward, touch right slightly forward
- 7&8& Swivel right heel to the right, then to the left, then to the right, then to the left

## 17-24 ROCK BACK, BRUSH, TOUCH, HEEL FANS, PRISSY WALKS, COASTER STEP, TOGETHER

- 1&2& Rock right backward, recover on left, brush right forward, touch right slightly forward
- 3&4 Swivel right heel to the right, then to the left, then to the right, then to the left
- 5-6 Step right forward slightly crossed over left, step left forward slightly crossed over right
- 7&8& Step right back, step left next to right, step right forward, step left next to right

## 25-32 ROCK SIDE, BEHIND SIDE CROSS, SWIVELS WITH 1/2 TURN, KICK, COASTER STEP, TOUCH

- 1-2 Rock right to the right, recover on left
- 3&4 Cross right behind left, step left to left side, cross right over left
- 5& Swivel both heels to the right with ¼ turn left, swivel both heels to the left
- 6& Swivel both heels to the right with ¼ turn left, Kick left forward 12.00
- 7&8& Step left back, step right next to left, step left forward, touch right next to left

## 33-40 ROCK BACK, ½ DIAMOND, LOCK STEPS

- 1-2 Rock right back, recover on left
- 3&4 Cross right over left, 1/8 turn right stepping left to the left, step right back 1.30
- 5&6 Step left back, 1/8 turn right stepping right to right side, Step left forward 4.30
- &7 lock right behind left, step left forward
- &8 lock right behind left, step left forward

## 41-48 ROCKING CHAIR, CROSS SAMBA, ROCKING CHAIR, CROSS SAMBA

- 1&2& Rock right forward, recover on left, rock right back, recover on left 4.30
- 3&4 Cross right over left, 1/8 turn right stepping left to left side, 1/8 turn right stepping right forward 7.30
- 5&6& Rock PG devant, reprendre appui sur PD, rock PG derrière, reprendre appui sur PD 7.30
- 7&8 Cross left over right, 1/8 turn left stepping right to right side, 1/8 turn left stepping left forward 4.30

## 49-56 CROSS, BACK, COASTER STEP, GALOP FULL TURN

- 1-2 (get back face at 6.00) Cross right over left, step left back 6.00
- 3&4 Step right back, step left next to right, step right forward
- 5&6& ¼ left stepping left forward, ball right next to left , ¼ turn left stepping left forward, ball right next to left
- 7&8 ¼ left stepping left forward, ball right next to left , ¼ turn left stepping left forward, 6.00

**FINAL :** on wall 3, dance to the prissy walks (counts 21 and 22) and add another prissy walk, then ½ turn left to finish the dance face at 12.00 (weight on right foot and left knee slightly bent)

*HAVE FUN !*