

The Molly

Count: 32

Wand: 4

Ebene:

Choreograf/in: Nico Osier (USA) - January 2025

Musik: Man! I Feel Like a Woman! - Shania Twain
oder: Take It Off - Kesha



Original Song: "Man, I Feel Like A Woman" - Shania Twain*

- Starts when lyrics begin (11 seconds in)
 - *Tag: 1 extra paddle (R,L) lasso at the end of the first chorus
- Song Swap: "Take It Off" - Ke\$ha

- Starts with first verse (16 seconds in)
- No tags or restarts

Grapevines Right and Left

- 1,2,3,4 Grapevine R (Step R foot to R, Cross L foot behind R, step R foot to R, Touch L beside R)
5,6,7,8 Grapevine L (Step L foot to L, Cross R foot behind L, step L foot to L, Touch R beside L)

Box Step and Booty Shaking

- 1,2 Step R foot forward, step L foot forward (front corners of box),
3,4 step R foot backward, step L foot backward (back corners of box)
5,6,7,8 Shake your booty for 4 counts (side to side, in circles, twerk, whatever feels good)

K Step

- 1,2 Step R foot forward and to R diagonal, join L foot
3,4 Step L foot backward and on L diagonal, join R foot
5,6 Step R foot backward and on R diagonal, join L foot
7,8 Step L foot forward and on L diagonal, join R foot

Heel, Heel, Heel, Clap Clap, Turning Lock Steps (¼ to L)

- 1,2,3 Dig R heel, hop to dig L heel, hop to dig R heel
&4 Hold feet and clap twice
5,6,7,8 (Turning ¼ to L from 12:00-9:00): Step R, Step L, Step R, Step L (1 Lasso per 2 steps)
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