

Feel Like A Woman

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Easy Intermediate
编舞者: Heru Tian (INA) - September 2023
音乐: Man! I Feel Like a Woman! - Shania Twain



SOD: 32 8 32 16 32 32 TAG1 12 32 16 32 32 TAG2 32 16 TAG3 32 32 TAG4 32 20

****Tag1 6C : V Step, Heel Swivels**

1234 Step R fwd to R Diagonal (1), Step L fwd to L Diagonal (2), Step R back to center (3), Step L next to R (4)
5 6 Swivel both heels to Right (5), Return both heels to Center (6)

****Tag2 4C : V Step**

1234 Step R fwd to R Diagonal (1), Step L fwd to L Diagonal (2), Step R back to center (3), Step L next to R (4)

****Tag3 2C : Side Point, Hold**

1 2 Point R to Side (1), Hold (2)

****Tag4 10C : Tag1 + Tag3 + Hold 2C**

Section 1 : Heel Tap Fwd Twice , Together, Heel Split (X2)

1 2 Tap R Heel Fwd Twice (1,2)
3&4 Close R next to L (3), Split both heels out (&), Return Heels (4)
5 6 Tap L Heel Fwd Twice (5,6)
7&8 Close L next to R (7), Split both heels out (&), Return Heels (8)

****Restart here on Wall 2 (facing 6.00)**

Section 2 : Diagonal Back & Touch (X3), Rock Back

1234 Step L Back to L Diagonal (1), Touch R next to L (2), Step R Back to R Diagonal (3), Touch L next to R (4)

****Restart here on Wall 7, Change step on the last count into Close L next to R (facing 12.00)**

56 Step L Back to L Diagonal (5), Touch R Next to L (6)
78 Rock R Back (7), Recover on L (8)

****Restart here on Wall 4, 9 & 13 (facing 12.00, 6.00 & 12.00)**

Section 3 : 1/4R Jazz Box, Diagonal Kick Twice, Behind, Side, Cross

1234 Cross R over L (1), 1/8R, Step L Back (2), 1/8R, Step R to Side (3), Cross L over R (4) facing 3.00
56 Kick R to R Diagonal Twice (5,6)
7&8 Step R behind L (7), Step L to Side (&), Cross R over L (8)

Section 4 : Side, Touch Together, 1/4R Side, Touch Together, Side, Hip Roll

1234 Step L to Side (1), Touch R next to L (2), 1/4R, Step R to Side (3), Touch L next to R (4) facing 6.00
5-8 Step L to Side, Push hip L (5), Roll hip clockwise (fwd, right, back, left) (6-8)

Start again...

Thanks and enjoy

Herutian79@gmail.com

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