

I'm A Woman

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Fool, I'm a Woman - Sara Evans



SIDE, TOUCH, SIDE SHUFFLE (REPEAT)

1-2 Step right to right side, touch left beside right
3&4 Step left to left side, step right beside left, step left to left side
5-8 Repeat above (4) counts

¼ TURN WALKS, HOOK ¼ TURN, HEEL SWIVELS WITH ¼ TURN

9-11 Turn ¼ turn right while walking forward: right, left, right
& Hook left heel over right knee while turning ¼ turn left
12 Step left beside right shoulder width apart with both heels swiveled right
13-14 Swivel both heels: left, right
15& Swivel both heels: left, right
16 Swivel both heels: left turning ¼ turn right

KICK BALL POINTS, KNEE & SLIDE, APPLEJACKS

17&18 Kick left forward, step left beside right, point right toe to right side
19&20 Kick right forward, step right beside left, point left toe to left side
&21-22 Hitch/raise left knee, step left to left side, slide right beside left
23 Weight on left heel & right toe: swivel left toe & right heel left
& Weight on left heel & right toe: swivel left toe & right heel center
24 Weight on left toe & right heel: swivel left heel & right toe right
& Weight on left toe & right heel: swivel left heel & right toe center

If you cannot applejack then swivel both heels: left, center, right, center

SIDE SHUFFLE, CROSS ROCK, SIDE SHUFFLE, CROSS UNWIND

25&26 Step right to right side, step left beside right, step right to right side
27-28 Cross rock left over right
29&30 Step left to left side, step right beside left, step left to left side
31-32 Cross right over left, unwind a full turn over left shoulder

If you cannot unwind a full turn then: hold for (1) count

STEP, LOCK, STEP, HITCH, ¾ TURN STEPS, LEFT COASTER STEP

33-35 Step right forward, lock step left behind right, step right forward
36 Hitch/raise left knee
37-38 Step left to left side turning ¼ turn left, step right back turning ½ turn left
39&40 Step left back, step right beside left, step left forward

STEP, KICK BALL POINT, &, STEP, KICK BALL POINT, STEP ¼ TURN

41 Step right forward
42&43 Kick left forward, step left beside right, point right to right side
& Step right beside left
44 Step left forward
45&46 Kick right forward, step right beside left, point left to left side
47-48 Step left forward, pivot a ¼ turn right (weight on left)

TOE & HEEL, & TOE-TOE, & HEEL & TOE, & HEEL-HEEL

49&50 Touch right toe beside left, jump back onto right foot, touch left heel forward

&51-52 Step left beside right, touch right toe beside left twice
&53& Jump back onto right foot, touch left heel forward, step left beside right
54& Touch right toe beside left, jump back onto right foot
55-56 Touch left heel forward twice
Above (8) counts are done on the spot

LONG STEP SLIDE LEFT, HIP ROLLS TURNING

57-60 Take a big step to left side with left foot, slide right beside left over (3) counts
Splay hands out to both sides while sliding
61-64 Roll hips to the left twice while turning a $\frac{1}{4}$ left

REPEAT
