

I Feel Like A

拍数: 32 墙数: 4 级数: Improver
编舞者: Tonny van Donk (NL)
音乐: Man! I Feel Like a Woman! - Shania Twain



- 1&2 Step right to the right, cross left behind right, step in place with right foot
3&4 Step left to the left, cross right behind left, step in place with left foot
5&6 Shuffle to the right stepping right-left-right
7-8 Rock left foot backward, replace weight back on right foot
- 1&2 Shuffle with ½ turn to the right stepping left-right-left
3&4 Shuffle backward stepping right-left-right
5-6 Step left foot forward, touch right beside left
7-8 Step right foot forward, touch left beside right
- &-1 Step left diagonal left backward, touch right heel diagonal right forward
2 Left and right foot back in place
&3-4 Mirror image last two counts (heel jack)
&-5 Step left foot to the left side, step right foot to the right side
6 Hold and clap
7&8 Bump hips to the right-left-right
- 1-2 Elvis knee with left (turn knee inside), elvis knee with right (turn knee inside)
3-4 Step right forward, pivot ¼ turn to the left
5&6 Touch right toe to the right, step right beside left, touch left toe to the left
&7 Step left beside right, touch right heel forward
&8 Step right foot backward, cross left foot over right foot

REPEAT
