

Feel Like A Woman

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数:
编舞者: Richard Musgrave (UK)
音乐: Man! I Feel Like a Woman! - Shania Twain



REINS

1-2 Pull arms back in two rein pulls

RIGHT SHUFFLE, TOUCH LEFT, LEFT SHUFFLE, TOUCH RIGHT

3&4 Right shuffle forward
5 Touch left toe to left (look to left)
6 Touch left together
7&8 Left shuffle forward
9 Touch right toe to right (look to right)
10 Touch right together

KICK BALL CHANGE, STEP, ¼ TURN

11&12 Right kick ball change
13 Step forward on right foot
14 ¼ turn left

SHUFFLE ¼, ROCK, SHUFFLE BACK ¼, ROCK

15&16 Right shuffle forward with ¼ turn left
17 Rock forward on left
18 Rock back on right
19&20 Left shuffle back with ¼ turn right
21 Rock back on right
22 Rock forward on left

HEEL, HEEL, HEEL, CROSS, UNWIND, HOLD

23&24 Right heel forward, step right home, left heel forward
&25-26 Step left home, right heel forward, cross right in front of left
27-28 Unwind ½ turn to left, hold

HIP BUMPS

29-30 Double hip bump on right
31-32 Double hip bump on left

REPEAT

Dance should begin when Shania sings "C'mon"

TAG

When Shania sings "Man I Feel Like A Woman" on the last four counts of fifth and ninth walls and counts 13-16 of thirteenth wall, do the following tag steps, then start over:

Women Jump forward and hold, running your hands either side of your body shape
Men Jump forward and hold, make the outline of a woman in front of you