

Feeling

COPPER KNOB
STEPSHEETS

拍数: 40 墙数: 2 级数:
编舞者: David J. McDonagh (WLS)
音乐: Man! I Feel Like a Woman! - Shania Twain



KICK BALL TOUCH, KICK BALL BACK, UNWIND, STEP, CROSS

1 Kick right foot forward
&2 Sep right foot beside left, touch left toe beside right
3 Kick left foot forward
&4 Step left foot beside right, touch right toe back
5-6 Unwind ½ a turn to the right while doing a snake roll to the right
7-8 Step back on right foot, cross left foot over right foot

HIPS 123&4, & SLIDE 678

9-12 Bump hips right, left
11&12 Bump hips right, left, right
&13-16 Raise left knee, step left foot to the left side, slide right to meet left

& STEP, SHOULDER, SHOULDER, STEP, SNAKE, SNAKE

&17 Step back on right foot, step left foot forward (in line with right foot)
18-19 Throw right shoulder back, throw left shoulder back
20 Step left foot to left side (shoulder width apart)
21-22 Snake roll to the left side
23-24 Snake roll to the right side

SWIVEL HEELS-TOES-HEELS-TOES-CENTER, SWIVEL HEELS-TOES-HEELS-TOES-CENTER

25-26 Swivel heels to the right, swivel toes to the right
27&28 Swivel heels to the right, swivel toes to the right, swivel heels to center
29-30 Swivel heels to the left, swivel toes to the left
31&32 Swivel heels to the left, swivel toes to the left, swivel heels to center

SHOULDERS 1&2, 3&4, 5&6, 7&8

33 Step right foot forward while pushing right shoulder down and left shoulder up
& Push right shoulder up while pushing left shoulder down
34 Push left shoulder up while pushing right shoulder down
35 Push right shoulder up while pushing left shoulder down
& Push left shoulder up while pushing right shoulder down
36 Push right shoulder up while pushing left shoulder down
37 Step right foot back while pushing right shoulder down and left shoulder up
& Push right shoulder up while pushing left shoulder down
38 Push left shoulder up while pushing right shoulder down
39 Push right shoulder up while pushing left shoulder down
& Push left shoulder up while pushing right shoulder down
40 Push right shoulder up while pushing left shoulder down

REPEAT
