

Feelings

COPPER KNOB
STEPSHEETS

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



HEEL HOOK ¼ TURN, SHUFFLE, ROCK STEP, COASTER CROSS

1-2 Touch right heel forward. Hook in front of left knee
3&4 Turning ¼ right step forward right step left beside right, step forward right
5-6 Rock forward on left rock back on right
7&8 Step back left, step back right, cross left over right

ROCK STEP, CROSS SHUFFLE. ROCK STEP. BALL CHANGE ¼ TURN

9-10 Rock to right on right, rock left on left
11&12 Cross right over left, step left to left, cross right over left
13-14 Rock to left on left, rock right on right
15&16 Kick left forward, step left beside right step right ¼ turn right

CROSS ROCK AND TRIPLE ½ TURN CROSS ROCK AND TRIPLE ¾ TURN

17-18 Cross rock left over right, rock back onto right.
19&20 Triple step ½ turn left stepping left right left
21-22 Cross rock right over left, rock back on left
23&24 Triple step ¾ turn right stepping right left right.

WALKS, KICK BALL BACK, STOMPS, HIP BUMPS

25-26 Walk forward left and right
27&28 Kick left forward step left back step right back
29-30 Stomp left forward, stomp right forward (clap)
31&32 Bump hips right left right

REPEAT

OPTIONAL FINALE

Full turn and ¼ to the left and clap on counts 11-14.
