

# If I Was a Woman

COPPERKNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Judy Rodgers (USA) - August 2011  
音乐: If I Was A Woman (feat. Blake Shelton) - Trace Adkins : (Album: Proud to be Here - 2011)



## Alt. Music:-

Million Dollar View - Trace Adkins; Proud to be Here Album 2011 (slower); 16 count intro

Higher Ground - Stevie Wonder; 48 count intro

16 count intro - No tags, No restarts

## ANCHOR STEP, TRIPLE IN PLACE, COASTER STEP, WALK, WALK

1&2            Step right back, rock left forward, recover to right  
3&4            Triple step in place left, right, left  
5&6            Step right back, step left together, step right forward  
7-8            Walk forward left, right

(easier option for 1-4: step right forward, touch left beside, step left back, touch right beside)

## ANCHOR STEP, TRIPLE IN PLACE, COASTER STEP, STEP ¼ PIVOT

1&2            Step left back, rock right forward, recover to left  
3&4            Triple step in place right, left, right  
5&6            Step left back, step right together, step left forward  
7-8            Step right forward, turn ¼ left (weight to left) [ 9:00]

(easier option for 1-4: step left forward, touch right beside, step right back, touch left beside)

## CROSS, TURN ¼ R, TURNING SHUFFLE ¼ , CROSS, TURN ¼ L, TURNING SHUFFLE ¼

1-2            Cross right over left, turn ¼ right stepping left back [12:00]  
3&4            Turn ¼ right shuffle right, left, right [3:00]  
5-6            Cross left over right, turn ¼ left stepping right back [12:00]  
7&8            Turn ¼ left shuffle left, right, left [9:00]

(easier option for 1-8: cross rock right, recover, shuffle right, cross rock left, recover, shuffle left)

## CROSS, STEP BACK, SHUFFLE BACK, COASTER STEP, KICK BALL CHANGE

1-2            Step right across left, step left back  
3&4            Shuffle back right, left, right  
5&6            Step left back, step right together, step left forward  
7&8            Kick right forward, step right down, step left beside

Repeat