

I Am Woman

COPPERKNOB
BY SHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Margaret Stuckey (AUS) - January 2021
音樂: I Am Woman - Helen Reddy : (Album: I Am Woman The Definitive Collection)



Dance inspired by the movie "I Am Woman" the life of Helen Reddy who sadly passed away last year.

#16 count intro

Section 1: R DOROTHY, L DOROTHY, R FWD, ROCK BACK L, ½ R FWD, HOLD

1-2&, 3-4& Step R 45 right, lock L behind R, step R 45 right (&), repeat on L
5-6, 7-8 Step R FWD (12.00), rock back L, ½ turn right step R FWD, hold (6.00)

Section 2: L TOG, WALK FWD R - L, FWD R COASTER STEP, WALK BACK, L COASTER STEP

&1-2, 3&4 Step L tog (&), walk FWD R - L, FWD R, step L tog (&), step R back (FWD coaster step)
5-6, 7&8 Walk back L - R, step L back, step R tog (&), step L FWD (coaster step)

Section 3: SIDE SAMBA R, SIDE SAMBA L, R FWD, ROCK L IN PLACE, 1 ½ TURN TRIPLE

1&2, 3&4 Rock R to right side, rock L in place, cross R over L, repeat on L
5-6, 7&8 Step R FWD, rock L in place, 1 ½ triple turn right stepping R-L-R (or ½ shuffle) (12.00)

Tag: Walls 2, 4 and 6 change section 4

Section 4: L TOG, R FWD, ¼ PADDLE TURN L, CROSS R, HOLD, BALL STEP, CROSS R, ¼ TURN L FWD, BACK R, DRAG L, TOG

&1-2, 3-4 Step L tog (&), step R FWD, ¼ paddle turn left wt L, cross R over L, Hold
&5-6, 7-8& Ball step L, cross R over L, ¼ turn left step L FWD, rock back on R, drag L, step L tog (&)

NOTE: This dance has 3 tags, 2nd, 4th and 6th walls, changes to Section 4:

Section 4: STEP L TOG, STEP ¼ TURN HOLD x 2, CROSS, SIDE, WEAVE, SIDE, ROCK, WEAVE, FWD ROCK, COASTER, TOG

&1-4 Step L tog (&), Step R FWD, hold, ¼ paddle turn wt L, hold (arms in strong flexed position)
5-8 Step R FWD, hold, ¼ paddle turn wt L, hold (sweep arms out to sides)
1-2, 3&4 Cross R over L, step L to left side, step R behind L, step L to left side, cross R over L
5-6, 7&8 Step L to left side, rock R in place, step L behind R, step R to right side, cross L over R
1-2, 3&4& Step R FWD, rock L in place, step R back, step L tog (&) step R FWD (coaster), step L tog (&)

Ending: Dance the first 8 counts (Section 1), the dance will finish facing front wall, enjoy! □