

Let's Go Girls 2023

COPPER KNOB
STEPSHEETS

拍數: 40 牆數: 2 級數: Improver
編舞者: Ria Joyful (INA) & Emilia Lie (INA) - July 2023
音樂: Man! I Feel Like a Woman! - Shania Twain



[1-8]. STEP R BACK, BALL CHANGE, R SHUFFLE, PIVOT, STEP, HIP BUMP

1,2,3&4 : Step R back while L heel fwd(1), step L back next to R (2), Shuffle fwd RLR (or lock step)(3)&(4)
5-8 Step L fwd (5), Pivot ½ turn right R in place(6), step L fwd (7), touch R next to L with Hip Bump (8)

[9-16]. VINE RIGHT PIVOT HEEL HOOK

1-2 Step R to right (1), cross L behind R (2)
3-4 ¼ turn right step R(3), step fwd L (4)
5-6 Pivot ½ turn right R in place (5), step fwd L (6)
7-8 Step diagonal heel R fwd (7), Hook R (8)

[17-24].SIDE ROCK TRIPLE STEP 2X

1-2 Step R to right (1), recover L (2)
3&4 Triple Step RLR in place(3&4)
5-6 Step L to left (5), recover R (6)
7&8 Triple Step LRL in place(7&8)

[25-32].KICK (X2) BEHIND SIDE CROSS KICK (X2)SAILOR STEP

1- 2 Kick R fwd (1), Kick R diagonal fwd (2)
3&4 Cross R behind L (3), step L side to left (&) Cross R over L(4)
5- 6 Kick L fwd (5), Kick L diagonal fwd (6)
7& 8 Cross L behind R (7) ¼ turn left step R to right(&), step L fwd(8)facing 6.00

[33-40]. ROCK FWD RECOVER ½ TURN RIGHT R SHUFFLE SWAY

1- 2 Rock R fwd (1), recover on L (2),
3 & 4 turn ¼ right step R to right (3), close L next to R (&), ¼ turn right step R fwd (4)
5-6 Sway L (5),Sway R (6)

Tag Restart happens here after 38 counts

(only on Wall 4 there is step change on count 38 (R touch instead of sway R)

7- 8 Sway L (7),R touch next to L(8)

Tag (12 counts)on Wall 4 after 38 counts

I. MONTEREY ½ TURN (2X)

1-2 Point R to right side (1), ½ turn right stepping R next to L (2)
3-4 Point L to left (3) stepping L next to R (4)
5-6 Point R to right side (5), ½ turn right stepping R next to L (6)
7-8 Point L to left (7), stepping L next to R (8)

II. SWAY

1-2 Sway R (1), L (2)
3-4 Sway R (3), L (4) weight on L, then Restart

On Wall 7 and Wall 10 there is optional free style from count 29 – 36 (8 counts only) :

Count 29-32 hold 4 counts with weight on L (bending L knee)

Count 33-36 turn ½ right pivot, hold 4 counts with weight still on L

continue last count 37-40 with Sway RLRL.

(or if you don't want to do free style, you can dance normally follow the SS)

Enjoy the dance, God bless you all.

Best and warm regards always from Ria Joyful and Emilia Lie .

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