

# The Molly

COPPER KNOB  
STEPPERS

拍數: 32      牆數: 4      級數:  
編舞者: Nico Osier (USA) - January 2025  
音樂: Man! I Feel Like a Woman! - Shania Twain  
或: Take It Off - Kesha



Original Song: "Man, I Feel Like A Woman" - Shania Twain\*

- Starts when lyrics begin (11 seconds in)
- \*Tag: 1 extra paddle (R,L) lasso at the end of the first chorus

Song Swap: "Take It Off" - Ke\$ha

- Starts with first verse (16 seconds in)
- No tags or restarts

## Grapevines Right and Left

1,2,3,4      Grapevine R (Step R foot to R, Cross L foot behind R, step R foot to R, Touch L beside R)  
5,6,7,8      Grapevine L (Step L foot to L, Cross R foot behind L, step L foot to L, Touch R beside L)

## Box Step and Booty Shaking

1,2      Step R foot forward, step L foot forward (front corners of box),  
3,4      step R foot backward, step L foot backward (back corners of box)  
5,6,7,8      Shake your booty for 4 counts (side to side, in circles, twerk, whatever feels good)

## K Step

1,2      Step R foot forward and to R diagonal, join L foot  
3,4      Step L foot backward and on L diagonal, join R foot  
5,6      Step R foot backward and on R diagonal, join L foot  
7,8      Step L foot forward and on L diagonal, join R foot

## Heel, Heel, Heel, Clap Clap, Turning Lock Steps (¼ to L)

1,2,3      Dig R heel, hop to dig L heel, hop to dig R heel  
&4      Hold feet and clap twice  
5,6,7,8      (Turning ¼ to L from 12:00-9:00): Step R, Step L, Step R, Step L (1 Lasso per 2 steps)