

Let's Go Girl's

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Michael Clark (USA)
音樂: Man! I Feel Like a Woman! - Shania Twain



CROSS TOE STRUTS

1-2 Cross left toe in front of right foot; step down on left heel
3-4 Touch right toe to right side; step down on right heel

CROSS TOE STRUTS

5-8 Repeat steps 1-4

TOE POINTS, HEEL TOUCHES

9&10& Touch left toe to left side; step left foot beside right foot, touch right toe to right side; step right foot beside left foot
11&12 Touch left heel forward; step left foot beside right foot, touch right heel forward

STEP FORWARD, CLAP

&-13-14 Step right foot beside left foot; step left foot forward; clap
&-15-16 Repeat steps &, 13, 14

SAILOR STEPS

17&-18 Cross right foot behind left foot; step left foot beside right foot, step right foot beside left foot
19&-20 Cross left foot behind right foot; step right foot beside left foot, step left foot beside right foot

STEP, PIVOT

21-22 Step right foot forward; pivot $\frac{1}{4}$ left
23-24 Step right foot forward; pivot $\frac{1}{4}$ left

CROSS ROCK, TURN

25-26 Cross right foot over left foot; recover on left foot
27-28 Turn $\frac{1}{4}$ right step down on right foot; step left foot beside right foot

STEP, PIVOT, STOMP, STOMP

29-30 Step forward on right foot; pivot $\frac{1}{2}$ left
31-32 Stomp right foot beside left foot; stomp left foot beside right foot

TOE, HEEL DROPS

33-34 Touch right toe forward; drop right heel to floor
35-36 Touch left toe forward; drop left toe to floor

TOE, HEEL DROPS

37-38 Repeat steps 33-34
39-40 Repeat steps 35-36 (end with weight on left foot)

ATTITUDE TIME LADIES

41-42 Step to right (left toe touching floor, right hand on right hip, left hand in)
43-44 Front of left leg, turn head to left), bumping hips to the right 4 times

ATTITUDE TIME LADIES

45-46 Reverse position, shift weight to left foot, raise right heel; bump hips to
47-48& Left 4 times (hop left over right on the & count and begin dance again)

ATTITUDE TIME MEN

Men use same position as the ladies. Puff out your chest, cross your arms across your, chest, and turn up your nose

REPEAT
