

Like A Woman

拍數: 48 牆數: 4 級數:
編舞者: Sandy Smart (AUS)
音樂: Man! I Feel Like a Woman! - Shania Twain



MOVING TO THE LEFT

- 1-2 Cross/step right toe over left foot, drop right heel
3-4 Step left toe to side, drop left heel
5-6 Cross/step right toe over left foot, drop right heel
7-8 Step left toe to side, drop left heel
- 1-2 Scuff right heel forward, scuff right toe back (crossing over left foot)
3-4 Scuff right heel forward, scuff right toe back (beside left foot)
5&6 Cross/step right behind left, step left to side, step right in place (sailor)
7&8 Cross/step left behind right, step right to side, step left in place (sailor)
- 1-2 Step right foot forward, pivot $\frac{1}{4}$ turn left
3-4 Step right foot forward, pivot $\frac{1}{2}$ turn left
&5 Step right out to right side, step left out to left side
&6 Step right back to center, step left back to center
&7 Step right out to right side, step left out to left side
8 Clap
- 1 Stomp right foot forward
2 Twist both heels to right making $\frac{1}{4}$ turn left
3 Twist both heels to left making $\frac{1}{4}$ turn right
4-5 Kick right foot forward, brush right foot over left knee
6-7 Kick right foot forward, kick right foot forward
8 Touch right toe back
- 1-2 Pivot $\frac{1}{2}$ turn right, brush right foot over left knee
3&4 Shuffle forward right-left-right
5&6 Shuffle forward left-right-left
7 Step right heel forward at 45 degrees right
8 Step left heel forward at 45 degrees left
- 1-2 Step right foot back, step left next to right (with arms bent at elbows & fists clenched)
3&4 Step right forward, lean forward & shimmy shoulders pulling arms up & down
5&6 Lean back & shimmy shoulders pulling arms up & down
7-8 Scuff right toe back, scuff right heel forward

REPEAT
