

Man I Feel Like A Woman

COPPER KNOB
BY STEPHEN METZ

拍數: 0 牆數: 4 級數: Intermediate
編舞者: Anita Ludlow (UK)
音樂: Man! I Feel Like a Woman! - Shania Twain



Sequence: B (Shania sings "C'mon"), AB, ABB, AA (last four counts of second Part A, jump forward & hold, running your hands either side of your body shape as Shania sings "Man I feel like a Woman". Men make the outline of a woman in front of them), BB, ABB, AA (last four counts of second Part A, jump forward & hold, running your hands either side of your body shape as Shania sings "Man I feel like a Woman". Men make the outline of a woman in front of them), BBBB, A to end

PART A

RIGHT KICK FORWARD & SIDE, COASTER STEP REPEAT ON LEFT

1-2-3&4 Kick right foot forward, kick right foot to right side, coaster step right back, left next to right, right forward
5-6-7&8 Repeat on left

SYNCOPATED ROCK FORWARD, SAILOR SHUFFLE, STEP KICK, COASTER

&9-10-11&12 Step right next to left, rock forward on left recover weight on right, swing left behind right, step right back, step left next to right
13-14-15&16 Step right forward, kick left leg diagonal left, coaster step left back, right next to left, left forward

PADDLE TURNS TWICE, SHUFFLE FORWARD, SWITCH HEELS

17-18-19-20 Push left leg round with ball of right foot $\frac{1}{4}$ turning left twice
21&22-23&24 Shuffle forward right/left/right, left heel dig forward & step left in place, right heel dig forward

SYNCOPATED STEP DRAG, JACK HEEL, $\frac{1}{4}$ TURN WITH DOUBLE HIP BUMPS

&25-26&27-28 Step onto right foot, take big step to left on left, drag right foot next to left, step right foot in place, dig left heel forward, step left foot
29&30-31&32 Quarter turn right as you step right foot forward & double hip bump on right, step forward on left & double hip bump on left

PART B

SIDE ROCK & CROSS SHUFFLES

1-2-3&4 Rock right to right side, recover weight on left, cross shuffle, right over left, left to left side, cross right over left
5-6-7&8 Repeat on left