

Man What A Woman

COPPERKNOB
STEPSHEETS

拍數: 68 牆數: 4 級數: Improver
編舞者: Rosa Prat (ES)
音樂: Man, What a Woman - Shawn Camp



KICK BALL POINTS RIGHT-LEFT-RIGHT-LEFT

1&2 Kick right foot forward, step right foot beside left, touch left toe to back
3&4 Kick left foot forward, step left foot beside right, touch right toe to back
5&6 Kick right foot forward, step right foot beside left, touch left toe to back
7&8 Kick left foot forward, step left foot beside right, touch right toe to back

HEELS, TRIPLE STEPS

9-10 Touch right heel forward, touch right heel to right side
11&12 Triple steps in place on right-left-right
13-14 Touch left heel forward, touch left heel to left side
15&16 Triple steps in place on left right left

CHASSE RIGHT, ROCK STEP FORWARD, CHASSE LEFT, ROCK STEP FORWARD

17&18 Step right to right side, step left foot beside right, step right to right to side
19-20 Cross rock left foot over right, rock weight back on to right
21&22 Step left to left side, step right foot beside left, step left to left side
23-24 Cross rock right foot over left, rock weight back on to left

SHUFFLE BACK RIGHT, ROCK, SHUFFLE FORWARD LEFT, ROCK

25&26 Shuffle back right-left-right
27-28 Rock back on left foot, rock weight forward on to right foot
29&30 Shuffle forward left-right-left
31-32 Rock forward on right foot, rock weight back on to left foot

TURNS RIGHT, KICK BALL CHANGES LEFT

33-34 Step back right foot making ½ turn right, step forward left foot making ½ turn right
35&36 Shuffle step ½ turn right stepping in place right-left-right
37&38 Kick left foot forward, step on ball on left foot beside right, step on right foot beside left
39&40 Kick left foot forward, step on ball on left foot beside right, stomp on right foot beside left

HOOK COMBINATION, ¼ TURN RIGHT KICK, STEP BACK, LEFT KICK

41-42 Touch right heel forward, hook right heel in front of left leg
43-44 Touch right heel forward, touch right toe beside left heel
45-46 Kick right foot to right side making ¼ turn right, step back right foot
47-48 Kick left foot forward, step back left foot

HITCH RIGHT, STEP BACK, HITCH LEFT, STEP FORWARD, SHUFFLE FORWARD RIGHT, ROCK

49-50 Hitch up right knee, step back right foot
51-52 Hitch up left knee, step forward left foot
53&54 Shuffle forward right-left-right
55-56 Rock forward left foot, rock weight back on to right

TURNS LEFT, SHUFFLE ½ TURN LEFT

57-58 Step back left foot making ½ turn left, step forward right foot making ½ turn left
59&60 Shuffle step ½ turn left stepping in place left-right-left

STEP FORWARD, ½ TURN LEFT, TOUCH HEEL, TOUCH TOE, HOOK BACK, STEP, HOOK BACK, STEP

61-62 Step forward right foot, ½ turn left

63-64 Touch right heel forward, point right toe out to right side

65-66 Hook right back of the left leg and touch right heel with left hand, step right foot to right side

67-68 Hook left back of the right leg and touch left heel with right hand, step left foot to left side in second position

REPEAT
