

Men's Shirts

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Barry Watson (UK)
音樂: Man! I Feel Like a Woman! - Shania Twain



TOUCH LEFT, TOUCH RIGHT, LEFT HEEL, RIGHT HEEL, TOUCH LEFT BACK, HOLD, TOUCH RIGHT, ¼ TURN RIGHT.

- 1& Touch left toes to left side. Step left foot beside right.
- 2& Touch right toes to right side. Step right foot beside left
- 3& Touch right heel forward. Step right foot beside left.
- 4& Touch left heel forward. Step left foot beside right.
- 5-6 Touch left toes back. Hold.
- &7-8 Step left foot beside right. Touch right heel forward. Turn ¼ turn right lowering right toes.
(weight on right)

ROCK STEP, TURN ¼ TURN LEFT, ROCK STEP, FORWARD BODY SHIVER, STEP RIGHT, STEP LEFT.

- 9-10 Step forward on left foot. Rock weight back to right foot.
- & Step left foot back into a ¼ turn left.
- 11-12 Step forward on right foot. Rock weight back onto left foot.
- 13-14 Body shiver forward for 2 beats.
- 15-16 Step right foot beside left. Step left foot ¼ turn left.

ROCK STEP, CROSS, UNWIND ½ TURN RIGHT, ROCK LEFT, CROSS LEFT SHUFFLE.

- 17-18 Step right foot forward. Rock weight back onto left foot.
- 19-20 cross right foot behind left. Unwind ½ turn right. (weight on right)**
- 21-22 Rock left foot out to left side. Rock weight back onto right foot.
- 23&24 Cross left foot behind right foot. Step right foot to right side. Cross left foot behind right foot.

ROCK RIGHT, RIGHT VAUDEVILLE HOP, STEP RIGHT, STEP LEFT, PIVOT ½ TURN LEFT, STOMP LEFT & RIGHT

- 25-26 Rock right foot out to right side. Rock weight back onto left foot.
- 27&28 Cross right foot over left foot. Step back on left foot. Touch right heel forward.
- & Step right foot beside left.
- 29-30 Step left foot forward. Pivot ½ turn right.
- 31-32 Stomp left foot beside right. Stomp right foot beside left.

REPEAT

This dance can be done along-side "short skirts" as the movements and turns are essentially the same. If the dancer prefers both dances can be done to this song at the same time by dancing each dance in turn.