

Shuffle With An Attitude

COPPER **NOB**
STEPSHEETS

拍數: 68 牆數: 4 級數: Intermediate
編舞者: Carla Kaufman (USA)
音樂: Man! I Feel Like a Woman! - Shania Twain



SHUFFLE FORWARD, ROCK, RECOVER, SHUFFLE BACK, ROCK, RECOVER

1&2 Shuffle step forward (right-left-right)
3-4 Step forward on left, rock back on right
5&6 Shuffle step backward (left-right-left)
7-8 Rock back on right foot, rock forward on left foot

SHUFFLE FORWARD, STEP, PIVOT, SHUFFLE, STEP, PIVOT

9&10 Shuffle forward (right-left-right)
11-12 Step forward on left, pivot ½ turn to right
13&14 Shuffle forward on left-right-left
15-16 Step forward on right foot, pivot ½ turn to left

CROSSING TOE STRUTS: RIGHT, LEFT, RIGHT, LEFT (4 TIMES)

17-18 Touch right toe across left, step down on right
19-20 Touch left toe across right, step down on left
21-24 Repeat steps 17-20

2-STEP TURN/TRAVEL BACK, STEP, RIGHT, LEFT

25 Pivot ½ turn right and step forward right
26 Pivot ½ turn right and step left beside right
27-28 Step in-place right, step left beside right

SIDE SHUFFLE, ROCK, RECOVER (4 TIMES)

29&30 Shuffle sideways to the right on right, left, right
31-32 Rock left foot behind right, rock forward on right foot
33&34 Shuffle sideways to the left on left, right, left
35-36 Rock right foot behind left, rock forward on left foot

37&38 Shuffle sideways to the right on right, left, right
39-40 Rock left foot behind right, rock forward on right foot
41&42 Shuffle sideways to the left on left, right, left
43-44 Rock right foot behind left, rock forward on left foot

WALK FORWARD CROSS-OVER, KICK

45-46 Step forward right across left, step forward left across right
47-48 Step forward right across left, kick forward left
49-52 Walk back left, right, left scuff right foot

GRAPEVINE RIGHT WITH ¼ TURN, GRAPEVINE LEFT

53-54 Step right foot right, step left foot behind right
55-56 Step right foot to right turning ¼ right, scuff forward left
57-58 Step left foot left, step right foot behind left
59-60 Step left foot to left, stomp right foot beside left

FANCY FOOT TO THE RIGHT WITH A SHIMMY

61-64 Stepping to the right with the right foot, step heel, toe, heel, stomp

Legs should be apart when you finish

65-67 Slide left foot beside right with a shimmy

68 Stomp left foot beside right

REPEAT
