Straight Away

拍數: 32

級數: Intermediate

編舞者: Ron Kline (USA)

音樂: Man! I Feel Like a Woman! - Shania Twain

Position: Standing on a 45 degree angle right, keeping feet on this angle but moving straight away to 12:00, 3:00 6:00 & 9:00

STRAIGHT AWAY FORWARD WITH ROCK STEPS. NOTE STARTING POSITION

- Step right foot forward (12:00) 1
- 2 Hold/snap fingers downward at sides
- 3 Step left foot forward
- 4 Hold/snap fingers downward at sides
- 5 Step to right (3:00) on ball of right foot
- 6 Rock onto left foot in place
- 7 Step back (6:00) on ball of right foot
- 8 Rock onto left foot in place

STRAIGHT AWAY FORWARD WITH ROCK STEP AND BACK PIVOT

- 9 Step right foot forward (12:00)
- 10 Hold/snap fingers downward at sides
- 11 Step left foot forward
- 12 Hold/snap fingers downward at sides
- 13 Step to right (3:00) on ball of right foot
- 14 Rock onto left in place (maintain starting angle position to this point)
- 15 Turning ¹/₂ to the right on ball of left foot, step right foot forward (to 6:00)
- Pivoting on ball of right foot ¼ to the right, step left foot to left side (facing straight away 9:00) 16

HIP BUMPS (OPTIONAL SIDE BODY ROLLS)

- 17 Bump hips to right side
- 18 Bump hips to right side again
- 19 Bump hips to left side
- 20 Bump hips to left side again

KICK BALL TURN, MILITARY PIVOT TO THE LEFT

- 21 Kick right foot forward
- Step on ball of right foot next to left foot &
- 22 Step left foot in place turning feet 1/4 to the left
- 23 Step right foot forward (6:00)
- 24 Pivot 1/2 turn to the left on right foot and shift weight to left foot

HEEL TWISTS, STEPS

- 25 Step forward on right heel with right toe pointing to left
- Step left foot forward fanning right toe to right side 26
- 27 Step forward on right heel with right toe pointing to left
- Step left foot forward fanning right toe to right side 28

MILITARY PIVOT TO THE LEFT, CROSS TOUCH, UNWIND WITH OVERTURN

- 29 Step right foot forward
- 30 Pivot 1/2 turn to the left on right foot and shift weight to left foot
- 31 Touch right toe over left foot





牆數:4

32 Unwind legs ½ to the left plus 45 degrees with weight to left foot Go straight away to 9:00 (new 12:00) to start dance pattern again

REPEAT

When dancing to "Man! I Feel Like A Woman", the dance will actually start after 8 beats into the vocals. For the first 8 beats (starting on vocals) simply shake or rotate hips for 8 counts. There is a 2 beat break after count 16 on the fifth pattern (the 2nd time on the starting wall) only. Simply rotate hips making one complete circle to the left shifting weight to left foot. Then continue dance with step 17.