

Women

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Beginner
編舞者: Rhonda Corsen (USA)
音樂: Man! I Feel Like a Woman! - Shania Twain



SYNCOPATED STEP, OUT, HOLD, IN, HOLD

1&2&3&4 Step the left to the left and the right to the right (out), hold, step left in, step right in (in), hold

OUT, IN, OUT, IN

&5&6 Step left and right out, step left and right in

&7&8 Step left and right out, step left and right in

LEFT HEEL, HOLD, RIGHT TOE, HOLD

1&2&3&4 Left heel forward, hold, switch, right toe forward, hold

HEEL, TOE, HEEL, TOE

&5&6&7&8 Left heel forward, switch, right toe forward, left heel forward, switch, right toe next to left

SHIMMY TO THE RIGHT

1-8 4 count shimmy to the right, repeat

SHIMMY TO THE LEFT

9-16 4 count shimmy to the left, repeat

RIGHT KICK-BALL CHANGE, RIGHT KICK-BALL CHANGE

1&2&3&4 Kick right forward, step right in place, step on left, kick right forward, step right in place, step on left

RIGHT GRAPEVINE

1-4 Step right to the right, step left behind the right, step right to the right, touch left next to the right

LEFT GRAPEVINE WITH ½ TURN

5-8 Step left to the left, step right behind left, step left to the left while making ½ turn, step right next to left

SWIVELS TO THE RIGHT

1-4 Swivel heels to the right, swivel toes to the right, swivel heels to the right, swivel toes to the center

REPEAT
