

# Women

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



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## 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

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