

Just Like A Woman

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 0 級數:
編舞者: Sandra Mailman (CAN)
音樂: Man! I Feel Like a Woman! - Shania Twain



VINES WITH JUMP HEEL OUT & TOGETHER

- 1 Step right foot to right
- 2 Cross left foot behind right
- 3 Jump & land on right foot with left heel out in front
- 4 Jump and land feet together
- 5 Step left foot to left
- 6 Cross right foot behind
- 7 Jump & land on left foot with right heel out in front
- 8 Jump and land feet together

JUMPING JACKS WITH CLAP AND SHOULDER ROLLS

- 9 Jump feet apart
- 10 Jump and land with right foot crossed over in front of left foot
- 11 Unwind making $\frac{1}{2}$ turn to left
- 12 Clap
- 13 Roll right shoulder back
- 14 Place right hand on waist on right side
- 15 Roll left shoulder back
- 16 Place left hand on waist on left side
- 17 Jump feet apart
- 18 Jump and land with right foot crossed over in front of left foot
- 19 Unwind making $\frac{1}{2}$ turn to left
- 20 Clap
- 21 Roll right shoulder back
- 22 Place right hand on waist on right side
- 23 Roll left shoulder back
- 24 Place left hand on waist on left side

TWIST

- 25 Twist heels to left, toes right
- 26 Twist heels to right, toes left
- 27 Twist heels to left, toes right
- 28 Bring heels together in center in home position

STEP SLIDES AND CLAPS

- 29 Step right foot to right $\frac{1}{4}$ turn
- 30 Slide left foot beside right while swinging arms in a dip position
- 31 Step right foot to right $\frac{1}{4}$ turn
- 32 Slide left foot beside right and clap hands
- 33 Step left foot to left $\frac{1}{4}$ turn
- 34 Slide right foot beside left while swinging arms in a dip position
- 35 Step left foot to left $\frac{1}{4}$ turn
- 36 Slide right foot beside left and clap hands

TWIST AND $\frac{1}{4}$ TURN TO LEFT

- 37 Twist heels left, toes to the right

- 38 Twist heels right, toes to the left
- 39 Twist heels left, toes to the right
- 40 Twist heels right, toes to the left, making a $\frac{1}{4}$ turn left

TOE, HEEL, STRUTS FORWARD

- 41 Step forward with right toe
- 42 Drop right heel down
- 43 Step forward with left toe
- 44 Drop left heel down
- 45 Step forward with right toe
- 46 Drop right heel down
- 47 Step forward with left toe
- 48 Drop left heel down

REPEAT
