

Feel Like A Woman

COPPER KNOB
STEPSHEETS

拍數: 60 牆數: 2 級數: Intermediate
編舞者: Tania Armstrong
音樂: Man! I Feel Like a Woman! - Shania Twain



STOMP, STOMP, STEP BACK, TOGETHER, SHUFFLE FORWARD, STEP, KICK

1-4 Stomp right foot next to left twice, step back onto right, step left next to right
5&6-7-8 Shuffle forward stepping right-left-right, step forward onto left, kick right forward

STEP BACK, STEP BACK, STEP FORWARD, TAP

1-4 Step back onto right, step back onto left, step forward onto right, tap left next to right

FULL TURN LEFT DURING VINE LEFT, 4 HIP BUMPS

1-2 ¼ turn left stepping onto left foot, ½ turn left stepping onto right foot
3-4 ¼ turn left stepping onto left foot, ½ turn left stepping onto right foot
5-8 Sway hips right, left, right, left

FULL TURN RIGHT DURING VINE LEFT, 4 HIP BUMPS

1-2 ¼ turn stepping onto right, ½ turn right stepping onto left
3-4 ¼ turn right stepping onto right, tap left next to right
5-8 Sway hips, left, right, left, right

STEP FORWARD, ½ TURN RIGHT, SHUFFLE, STEP FORWARD, ½ TURN LEFT, SHUFFLE

1-2 Step forward onto left, ½ pivot turn right placing weight onto right
3&4 Shuffle forward stepping left-right-left
5-6 Step forward onto right, ½ pivot turn left placing weight onto left
7&8 Shuffle forward stepping right-left-right

WALK, WALK (WALK, WALK), SIDE ROCK, CENTER

1-6 Walk forward left, right, left, right, rock left to side, step right in place

When facing back wall only walk forward 2 times not 4

ROCK FORWARD, BACK, FORWARD, SIDE ROCK, CENTER, ROCK FORWARD, BACK, FORWARD, BACK

1-2 Rock left across in front of right, rock right in place
3-4 Rock left in place, rock right to right side
5-8 Rock left in place, rock right across in front of left, rock left in place, rock right in place

VINE LEFT WITH ½ TURN LEFT AND SCUFF

1-2 Step left to side, step right behind left
3-4 ½ left stepping onto left, scuff right forward next to left

STEP FORWARD, SCUFF, STEP FORWARD, SCUFF, STEP FORWARD, SCUFF, STEP FORWARD, SCUFF

1-4 Step forward onto right foot, scuff left foot next to right, step forward onto left, scuff right next to left
5-8 Step forward onto right foot, scuff left next to right, step forward onto left, scuff right next to left

REPEAT

To end the dance facing front, when doing step, ½ pivot turn and shuffle forward, step, ½ pivot turn and shuffle, add step, ½ pivot turn to face the front and stomp left, right

