

# I Am Woman

**COPPER KNOB**  
BY STEPHEN HETS

拍數: 76                      牆數: 1                      級數: Intermediate  
編舞者: Shanthie De Mel (AUS) - June 2010  
音樂: I Am Woman - Helen Reddy : (Album: Greatest Hits - 3:10)



**Begin: Wt on Left. 16 count music intro. Start on vocals – “I am woman, hear me roar”.**

**This dance is dedicated to The Honorable Julia Eileen Gillard, who today became the first female Prime Minister of Australia. Congratulations Madam Prime Minister for making history!**

## **(1-8) SCISSORS RIGHT, SCISSORS LEFT, BACK ROCKING CHAIR, SIDE, TOUCH**

1&2&                      Step R to right side, step L to left side, cross R over L moving fwd, hold  
3&4&                      Step L to left side, step R to right side, cross L over right moving fwd, hold  
5&6&                      Rock back R, return L, rock fwd R, return L  
7, 8                      Step R to right side, touch L to R (12:00)

## **(9-16) BACK- CROSS- BACK- HOLD X2, BACK ROCKING CHAIR, SIDE, TOUCH**

1&2&                      Step L diagonally back, cross R over L, step L diagonally back, hold  
3&4&                      Step R diagonally back, cross L over R, step R diagonally back, hold  
5&6&                      Rock back L, return R, rock fwd L, return R  
7, 8                      Step L to left side, touch R to L (12:00)

## **(17- 24) SIDE, DRAG, BACK ROCK, RETURN, SCUFF, CROSS, POINT, SAILOR 1/4 RIGHT**

1, 2, 3&4                      Take a big step R to right side, drag L to R, rock L behind R, return R, scuff L fwd  
5, 6                      Cross L over R, point R to right side,  
7&8                      Turning 1/4 right cross R behind L, step L to left side, step R to right side (3:00)

## **(25 – 32) SIDE, DRAG, BACK ROCK, RETURN, SCUFF, CROSS, POINT, SAILOR 1/4 LEFT**

1, 2, 3&4                      Take a big step L to left side, drag R to L, rock R behind L, return L, scuff fwd R  
5, 6                      Cross R over L, point L to left side,  
7&8                      Turning 1/4 left cross L behind R, step R to right side, step L to left side (12:00)

## **(\*33 – 40) RIGHT CHARLESTON x2 (SWEEP FOOT OUT SWINGING ARMS, ON STEPS & TOUCHES)**

1, 2, 3, 4                      Touch R toe fwd, step back on R, touch L toe back, step fwd on L  
5, 6, 7, 8                      Touch R toe fwd, step back on R, touch L toe back, step fwd on L (12:00)

## **(41- 44) SIDE, BEHIND, 1/4 RIGHT FWD, HOLD, FWD, PIVOT 1/2 RIGHT, 1/4 RIGHT SIDE, HOLD**

1&2&                      Step R to right side, cross L behind R, turning 1/4 right step R fwd, hold (3:00)  
3&4&                      Step fwd L, pivot 1/2 right on R, (9:00) turning 1/4 right step L to left side, hold (12:00)

## **(44-48) BEHIND, 1/4 LEFT FWD, FWD, HOLD, 1/4 LEFT SIDE, HOLD**

5&6&                      Cross R behind L, turning 1/4 left step L fwd, (9:00) step R fwd, hold  
7, 8                      Turning 1/4 left step L to left side with a sway, hold (6:00)

## **(49 – 56) CROSS, 1/4 RIGHT BACK, 1/2 RIGHT FWD, SIDE, BACK, DRAG, MAMBO BACK**

1, 2                      Cross R over L, turning 1/4 right step back on L (9:00)  
3, 4                      Turning 1/2 right step fwd on R, (3:00) step L to left side  
5, 6, 7&8                      Step R back, drag L to R, rock L back, return R, step L fwd (3:00)

## **(57- 64) STOMP FWD, HOLD, STOMP FWD, HOLD, STOMP FWD, HOLD, SIDE SWAY, SWAY**

1, 2, 3, 4                      Stomp R fwd, hold, stomp L fwd, hold  
5, 6, 7, 8                      Stomp R fwd, hold, step to left side with sway, sway to right in place (3:00)

**(65 -76) BACK, KICK, BACK, KICK, BACK ROCK, RETURN, 2 PADDLES RIGHT, SIDE, HOLD**

1, 2, 3, 4        Step L back, kick R fwd, step R back, kick L fwd

5, 6, 7, 8        Rock L back, return R, step L fwd, pivot 1/4 right on R (6:00)

9, 10            Step L fwd, pivot 1/4 right on R (9:00)

11, 12            Turning 1/4 right step L to left side, hold. (12:00)

**Optional ending – End of wall 3, continue with counts \*33 – 40 (Right Charleston x5) till music finishes.**

**Revised on site - 30th March 2011**

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