

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
