

W-O-M-A-N

COPPER KNOB
STEPSHEETS

Count: 40

Wall: 4

Level: High Beginner

Choreographer: Cathy Snow (USA) - July 2025

Music: W-o-m-a-n - Jon Michaels



Intro: 16 counts

[1-8] WEAVE R; LINDY R

- 1-2 Step R to R side, Cross L behind R
- 3-4 Step R to R side, Cross L over R
- 5&6 Step R to R side, Step L next to R, Step R to R side
- 7-8 Step L behind R, Recover weight on R (12:00 first time)

[9-16] WEAVE L; LINDY L

- 1-2 Step L to L side, Cross R behind L
- 3-4 Step L to L side, Cross R over L
- 5&6 Step L to L side, Step R next to L, Step L to L side
- 7-8 Step R behind L, Recover weight on L (12:00 first time)

[17-24] RIGHT SUGAR FOOT; TRIPLE STEP; LEFT SUGAR FOOT, TRIPLE STEP

- 1-2 Point R toe to L instep, R heel to L instep
- 3&4 Triple-step in place R, L, R
- 5-6 Point L toe to R instep, L heel to R instep
- 7&8 Triple-step in place L, R, L

[25-32] TOUCH RIGHT FWD, RIGHT CENTER, RIGHT COASTER, TOUCH LEFT FWD, LEFT CENTER, ¼ LEFT TURN (SAILOR)

- 1-2 Touch R forward; touch R to R side
- 3&4 Step R back, L next to R, step forward R
- 5-6 Touch L forward; touch L to L side
- 7&8 ¼ turn L, Step L, R, L (first rotation facing 9:00 wall)

[33-40] TOE STRUTS, ROCKING CHAIR

- 1-2 Touch right toe forward, step down
 - 3-4 Touch left foot forward, step down
 - 5-6 Rock right forward, recover left;
 - 7-8 Rock back on right; recover left
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