

# I Am Woman

Compte: 32

Mur: 4

Niveau: Beginner

Chorégraphe: Paula-jayne Ogilvie (AUS) - July 2025

Musique: I Am Woman - Helen Reddy



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## Section 1 side rock, ball change, side rock, ball change, step forward, 1/2 pivot, shuffle forward.

- 1,2 rock RF to R side, recover weight to LF.
- &3,4 step RF beside LF, rock LF to L side, recover weight to RF.
- &5,6 step LF beside RF, step RF forward, 1/2 turn L transferring weight onto LF.
- 7&8 step RF forward, step LF beside RF, step RF forward.

## Section 2. Rock forward, recover, 1/2 shuffle, step forward 1/2 pivot, kick ball change.

- 1,2 rock LF forward, recover weight to RF.
- 3&4 1/2 turn L stepping LF forward, step RF beside LF, step LF forward.
- 5,6 step RF forward, 1/2 turn L transferring weight to LF.
- 7&8 kick RF forward, step RF next to LF, step LF next to RF.

## Section 3. Skate, skate, shuffle forward, rock forward, recover, coaster step.

- 1,2 skate RF forward, skate LF forward.
- 3&4 step RF forward, step LF beside RF, step RF forward.
- 5,6 rock LF forward, recover weight to RF.
- 7&8 step LF back, step RF beside LF, step LF forward.

## Section 4. Side rock, recover, cross shuffle, side rock, recover, cross shuffle.

- 1,2 rock RF to R side, recover weight to LF.
- 3&4 cross RF over LF, step LF to LF side, cross RF over LF.
- 5,6 rock LF to L side, recover weight to RF.
- 7&8 cross LF over RF, step RF to R side, cross LF over RF.

Optional arm movements happen on wall 2,4,6 in section 4. counts 1,2 both arms go up showing muscles fists clenched, and counts 5,6 L are will go up shoulder hight and flick like your flicking something off your left shoulder

3 tags at end of walls 2,4,6 all happen at 12:00

## Rock forward, recover, 1/2 shuffle, step forward, 1/2 pivot shuffle forward, hips R, L, R, L.

- 1,2 rock RF forward, recover weight to LF.
  - 3&4 1/2 turn R stepping forward RF, step LF beside RF, step RF forward
  - 5,6 step LF forward, 1/2 R placing weight on RF
  - 7&8 step LF forward, step RF beside LF, step LF forward
  - 1,2,3,4. Step RF beside LF swaying hips R, L, R, L.
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