

Man! I Feel Like A Woman!

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Eun Hee Yoon (KOR) - September 2018
音乐: Man, I Feel Like a Woman - Udo



Intro: 24 counts

*** Tag: After the end of wall 1, wall 5

Sec. 1: R step back, L heel forward, Ball change, Shuffle, R hip bump, 1/2L L hip bump

1&2 Step R back, Step L heel forward (1), Step L next to R (&), Step R forward (2)
3&4 Step L forward (3), Lock step R behind L (&), Step L forward (4)
5&6 Step R forward, and bump hip right (5), Hip to center (&), Bump hip right place Weight on R (6),
7&8 1/2L step L forward, and bump hip left (7), Hip to center (&), Bump hip left placeWeight on L (8) (6:00)

Sec. 2: Jazz box 1/4 R, R toe strut, L cross toe strut

1-4 Step R cross over L (1), 1/4R step L back (2), Step R to R side (3), Step L cross over R (4) (9:00)
5-8 Touch R toe to R side (5), Drop R heel down (6) (shoulder shimmy) Touch L toe cross over R (7), Drop L heel down (8) (shoulder shimmy)

Sec. 3: Vaudeville X 2, Weave with syncopation, Cross, Point

&1&2 Step R slightly right back (&), Step L dig heel forward (1), L together (&), Step R cross over (2)
&3&4 Step L slightly left back (&), Step R dig heel forward (3), R together (&)Step L cross over (4)
5-6& Step R to R side (5), Step L behind R (6), Step R to R side (&)
7-8 Step L cross over R (7), Point step R to R side (8)

Sec. 4: R behind, L side, R cross shuffle, Monterey turn 1/2L

1-2 Step R behind L (1), Step L to L side (2)
3&4 Step R cross over L (3), Step L next to R (&), Step R cross over L (4)
5-6 Step L point side (5), make 1/2L step L next to R (6)
7-8 Step R point side (7), Touch R next to L (8)

*** Tag 1: After the end of wall 1 (3:00) (8 counts)

1-4 Step R to R side (1), Heels Bounces X 3 times
5-8 L push knee inward (5), R push knee inward (6), L push knee inward (7), R push knee inward (8) (Weight on L)

*** Tag 2: After the end of wall 5 (3:00) (2 counts)

1-2 Heel Bounces X 2 times

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