

I Am Woman

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
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音乐: I Am Woman - Helen Reddy



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.