

# I Am Woman

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Paula-jayne Ogilvie (AUS) - July 2025  
音樂: 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.