

Sassy Lady Shuffle

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Improver
編舞者: Evelyn Barrington (UK)
音樂: Man! I Feel Like a Woman! - Shania Twain



DIAGONAL STEPS FORWARD, HAND CLAPS

- 1-2 Step right foot forward to slight angle right, touch left toe to right, clap hands as toe touches
- 3-4 Step left foot forward to slight angle left, touch right toe to left foot and clap hands as above
- 5-8 Repeat steps 1-4

RIGHT & LEFT SHUFFLES BACK, FULL BACKWARDS TURN

- 9&10 Step back on right, close left to right, step back on right (small steps)
- 11&12 Step back on left, close right to left, step back on left (small steps)
- 13-16 Turning backward to the right, travel over four counts to complete a full turn, stepping on right, making a ½ turn on the ball of the right make a ½ turn stepping back on left, step right to right side, close left to right (now facing starting wall)

KICK BALL TOUCH X 3, KICK CROSS UNWIND TO RIGHT

- 17&18 Kick right foot forward, step right next to left, touch left toe to left side
- 19&20 Kick left foot forward, step left next to right, touch right toe to right side
- 21&22 Repeat steps 17&18
- 23-24 Kick left foot across right and unwind ½ turn to right on the balls of the feet

HIP BUMPS TO RIGHT & LEFT

- 25-28 Bump the hips to the right, keep the left leg slightly bent for more effect
- 29-32 Bump the hips to the left, keep the right leg slightly bent for more effect

CHASSE TO RIGHT, ROCK BACK, CHASSE TO LEFT, ROCK BACK

- 33&34 Step right to right side, close left to right, step right to right side
- 35-36 Rock weight back on left foot behind right, recover weight to right foot
- 37&38 Step left to left side, close right to left, step left to left side
- 39-40 Rock weight back on right foot behind left, recover weight onto left foot

JAZZ BOX ¼ TURN TO LEFT, JAZZ BOX

- 41-42 Cross right foot over left, step the left foot back at an angle to left
- 43-44 Step right foot ¼ turn to left, close left to right
- 45-48 Cross right foot over left, step weight back on left, step right foot to right side, close left to right

REPEAT