

# MAN I FEEL LIKE A WOMAN

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**Count:** —                      **Wall:** 4                      **Level:** intermediate

**Choreographer:** Anita Ludlow

**Music:** Man! I Feel Like A Woman by Shania Twain

**Sequence:** B (Shania sings "C'mon"), AB, ABB, AA (last four counts of second Part A, jump forward & hold, running your hands either side of your body shape as Shania sings "Man I feel like a Woman". Men make the outline of a woman in front of them), BB, ABB, AA (last four counts of second Part A, jump forward & hold, running your hands either side of your body shape as Shania sings "Man I feel like a Woman". Men make the outline of a woman in front of them), BBBB, A to end

## PART A

### RIGHT KICK FORWARD & SIDE, COASTER STEP REPEAT ON LEFT

**1-2-3&4**              Kick right foot forward, kick right foot to right side, coaster step right back, left next to right, right forward

**5-6-7&8**              Repeat on left

### SYNCOPATED ROCK FORWARD, SAILOR SHUFFLE, STEP KICK, COASTER

**&9-10-11&12**      Step right next to left, rock forward on left recover weight on right, swing left behind right, step right back, step left next to right

**13-14-15&16**      Step right forward, kick left leg diagonal left, coaster step left back, right next to left, left forward

### PADDLE TURNS TWICE, SHUFFLE FORWARD, SWITCH HEELS

**17-18-19-20**      Push left leg round with ball of right foot  $\frac{1}{4}$  turning left twice

**21&22-23&24**      Shuffle forward right/left/right, left heel dig forward & step left in place, right heel dig forward

### SYNCOPATED STEP DRAG, JACK HEEL, $\frac{1}{4}$ TURN WITH DOUBLE HIP BUMPS

**&25-26&27-28**      Step onto right foot, take big step to left on left, drag right foot next to left, step right foot in place, dig left heel forward, step left foot

**29&30-31&32**      Quarter turn right as you step right foot forward & double hip bump on right, step forward on left & double hip bump on left

## **PART B**

### **SIDE ROCK & CROSS SHUFFLES**

- 1-2-3&4**      Rock right to right side, recover weight on left, cross shuffle, right over left, left to left side, cross right over left
- 5-6-7&8**      Repeat on left