



Man I Feel Like A Woman

Phrased, 4 wall, level

Choreographer : Anita Ludlow (UK) Sept 2001

Choreographed to : Man I Feel Like A Woman by
Shania Twain

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PART A

R Kick Fwd & side, coaster step Repeat on L

1,2,3&4 Kick R foot fwd, kick R foot to R side, Coaster step R back, L next to R, R fwd
5,6,7&8 Repeat on L

Syncopated Rock fwd, sailor shuffle, Step kick, coaster

&9,10,11&12 Step R next to L, Rock fwd on L recover weight on R,
Swing L behind R, step R back, step L next to R
13,14,15&16 Step R fwd, Kick L leg diagonal L, coaster step L back, R next to L, L fwd

Paddle turns x 2, Shuffle fwd, switch heels

17-20 Push L leg round with ball of R foot ¼ turning L x 2
21&22,23&24 Shuffle fwd R/L/R, L heel dig fwd&, step L in place, R heel dig fwd

Syncopated Step drag, Jack Heel, ¼ turn with double hip bumps

&25,26 &27,28 Step onto R foot, take big step to L on L, drag R foot next to L,
Step R foot in place, dig L heel fwd, step L foot
29&30 31&32 1/4 turn R as you step R foot fwd & double hip bump on R ,
Step fwd on L & double hip bump on L

PART B

Side Rock & cross shuffles

1,2,3&4 Rock R to R side, recover weight on L, cross shuffle
5,6,7&8 R over L, L to L side, cross R over L

Repeat on L

Count 16 commences with :-

- * Part B (Shania sings "C'mon")
- * Part A once
- * Part B once
- * Part A once
- * Part B twice
- * Part A twice (last four counts of second Part A Jump fwd & hold running your hands either side of your body shape as Shania sings "Man I feel like a Woman") NB Men make the outline of a woman in front of them.
- * Part B twice
- * Part A once
- * Part B twice
- * Part A twice (last four counts of second Part A Jump fwd & hold running your hands either side of your body shape as Shania sings "Man I feel like a Woman") NB Men make the outline of a woman in front of them
- * Part B four times
- * DANCE PART A THRU TO THE END