

Man, I Feel Like A Woman

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Music: Man, I Feel Like A Woman – Shania Twain Speed 39 rpm (28 mpm)
Cut music at 2:29 after “Man, I Feel Like a Woman” (Same as Shibata's Phase 6)
Footwork: Opposite except where noted
Rhythm/Phase West Coast Swing Phase IV+2+2 (Triple Travel & Roll, Cheek To Cheek)
Push Break, Sugar Toe Heel Crosses
Sequence: Intro – A – A(Mod) – B – In – A(Mod) – B – End Release 1.0 April 2016

INTRO

1 - 6 WAIT ; ; IN IN – OUT OUT 2X ; ; WRAPPED WHIP ; ;
In OP fc ptrn LOD about 2 feet apart no hands joined feet together with lead foot free wait 2 measures ; ;
&1-&3- **(In In – Out Out 2X)** With slight lift fwd L twd ptrn/cl R, -, slight lift bk L away from ptrn/cl R, -;
&1-&3- Repeat measure 3 to join lead hands ;
123&4 **(Wrapped Whip)** Bk L jn both hds, raising M's L & W's R above W's head rec R trng ¼ RF, bring M's L & W's hds
over W's head sd L cont RF trn/cl R, sd & fwd L lowering hds to wrapped pos M at W's L sd
(W fwd R, fwd L, fwd R/cl L, bk R);
567&8 XRIB trn RF release hds, cont RF trn to fc LOD sd & fwd L, anchor in pl L/R, Lend LOP fc LOD
(W bk L, bk R, anchor in pl L/R,L);

PART A

1 - 3 PUSH BREAK - UNDERARM TURN ; ; ;
123&4 5&6 **(Push Break)** Bk L, bk R to two hds joined low, bk L/ bring R twd L cl R, small fwd L end with lead hnds joined;
anchor R/L, R(W fwd R, fwd L strong step to be close to M, fwd R/bring L twd R cl L, bk R; anchor L/R, L),
123&4 5&6 **(Underarm Turn)** Bk L, fwd R off track comm RF trn raising lead hands(W fwd R, fwd L trng LF under joined lead
hands); Sd & fwd L trng RF/rec R trng RF, fwd L to RLOD, anchor R/L, R(W sd R/XLIF, bk R, anchor L/R, L);

4 - 6 LEFT SIDE PASS W/TUCK & SPIN - CHEEK TO CHEEK ; ; ;
12-4 5&6 **(Left Side Pass W/Tuck & Spin)** Bk L trng slightly LF, cl R to fc Wall, tch L tucking W in, trng LF fwd L releasing
hnds (W fwd R, fwd L trng LF to fc M, tap R, fwd R trng RF 1/2 to fc M); anchor R/L, R to fc LOD joining ld hnds
(W anchor L/R, L),
12-4 5&6 **(Cheek To Cheek)** Bk L, rec R; swivel RF ½ on R lifting L knee & lightly bumping L hip to W's R hip, fwd L twd
RLOD, swivel LF ½ on L to fc LOD anchor R/L, R
(W fwd R, fwd L; swivel LF ½ on L lifting R knee & slightly bumping R hip to M's L hip, fwd R twd LOD, swivel RF
½ on R to fc RLOD anchor L/R, L) end LOP FCG Pos M fcg LOD;

7 - 10 SUGAR PUSH WITH ROCK 2 ; ; IN IN – OUT OUT 2X ; ;
12-4 **(Sugar Push W/Rock 2)** Bk L, bk R to tight BFLY, tap L fwd, rk fwd L (W fwd R, fwd L w/ slight RF body
567&8 turn to tight BFLY, tap RIB of L, rk bk R); Rec R, rec L, anchor R/L, R end LOP FCG Pos M fcg LOD
(W rec fwd L, bk R, anchor L/R, L);
(In In – Out Out 2X) Repeat Intro measures 3 - 4 ; ;

Note: 2nd & 3rd time thru Part A omit In In – Out Out and replace with Sugar Toe Heel Crosses & Side Breaks

