

# I Feel Like A Woman



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Music: Special CD Shall We Round Dance 8" available from choreographers

Footwork: Opposite, directions for man (lady as noted) Suggested speed: 28MPM (as on CD)

Rhythm & Phase: West Coast Swing VI [Note: Timing indicates weight changes only]

Sequence: **Intro A A-Modif B Inter A-Modif B** Released: December, 2005

## Meas

## INTRO

- 1-6** **WAIT; FWD SWIVEL TO FC; HALF WHIP; INSIDE UNDERARM TRN IN 4 TO TANDEM/WALL; DISCO LUNGES; QK RKS & SLIDE APT TO FC;**
- 1 Wait 1 meas in Bk-to-Bk Pos M fcg RLOD M's R & W's L ft free lead hnds joined;
- 1--- 2 **{Fwd Swivel to Fc}** Fwd R twd RLOD, slowly swivel LF on R (W swivel RF on L) to fc ptr, -, - end LOP Fcg Pos M fcg LOD;
- 123a4 3 **{Half Whip}** Bk L, rec R across body comm trng RF, cont trng RF sd & fwd L, rec R cont trng RF to fc RLOD, sd & fwd L (W fwd R, fwd L trng RF 1/2, bk R/cl L, fwd R) end CP M fcg RLOD;
- 1234 4 **{Inside Underarm Trn in 4 to Tandem/Wall}** Raising jnd lead hnds fwd R comm trng RF around W keeping R-hnd around W's waist, cont trng RF fwd L twd COH, cont trng RF fwd R, cont trng RF to fc WALL sd L w/ checking (W fwd L comm trng LF, step almost in pl R, L, R cont trng LF 3/4 under jnd lead hnds to fc WALL) end in TANDEM Pos both fcg WALL M bhnd W M's both hnds at W's waists;
- 1-3- 5 **{Disco Lunges}** Sd R flexing knee placing R-hnd on his waist looking at W, -, sd L flexing knee place R-hnd on her R-waist looking at W M's L-hnd on his waist, - (W sd L flexing knee placing L-hnd at her L-ear looking at M, -, sd R flexing knee placing R-hnd at her R-ear looking at M);
- 123a4 6 **{Qk Rks & Slide Apt to Fc}** Rk sd R, rk sd L, sd chasse R/L, R trng LF (W RF) to fc LOD end LOP Fcg Pos M fcg LOD;

## PART A

- 1-7** **SUGAR PUSH KICK & PT - DBL TUMMY SURPRISE;;; TUCK & TWIRL TO HAMMERLOCK - UNDERARM TRN w/ M'S HOOK TRN TO TANDEM/LOD;;;**
- 12-4a-- 1-4 **{Sugar Push Kick & Pt}** LOP Fcg Pos M fcg LOD bk L, bk R leading W to his R sd join both hnds, tap L fwd w/ L-shoulder lead, fwd L/cl R; Pt L fwd, hold (W fwd R, fwd L, kick R fwd across body outside ptr, bk R/XLIF; Pt R bk looking bk, hold),  
**[Option: Sugar Push]** LOP Fcg Pos M fcg LOD bk L, bk R, tap L fwd touching trailing hnds, fwd L releasing trailing hnds; Anchor R/L, R, (Timing: 12-45a6)
- 123a4 **{Dbl Tummy Surprise}** BFLY M fcg LOD bk L releasing hnds, fwd R across body twd W's R-sd comm trng RF placing R-hnd on W's R-hip bone; Sd & fwd L trng RF/rec R trng RF, sd & fwd L twd W's L-sd (W fwd R, fwd L; Fwd R/cl L, bk R) end both fcg RLOD M bhnd W to her L-sd, sliding R-hnd to W's L-shoulder blade rk fwd R, rec bk L trng RF to fc COH leading W fwd; Releasing R-hnd sd R twd LOD placing L-hnd on W's L-hip bone now M bhnd W to her L-sd, rec L trng RF leading W bk (W rk bk L, rec R; Rk fwd L, rec R), cont trng RF to fc LOD Anchor R/L, R (W Anchor L/R, L) end LOP Fcg Pos M fcg LOD;
- 12-45a6 5-7 **{Tuck & Twirl to Hammerlock}** LOP Fcg Pos M fcg LOD bk L, bk R joining both hnds, tap L fwd leading W slightly trn LF, fwd L raising jnd lead hnds to lead W trn RF under jnd lead hnds; Cont leading W trn RF under jnd lead hands anchor R/L, R keep trailing hnd low at W's waist level (W fwd R, fwd L, tap R bhnd L, step R in pl comm trng RF; Step in pl L/R, L cont trng RF under jnd lead hnds to fc M) end HAMMERLOCK Pos M fcg LOD lead hnds above W's head trailing hnds at W's R-hip;
- 123a45a6 **{Underarm Trn w/ M's Hook Trn to Tandem}** Hammerlock Pos M fcg LOD bk L, fwd R across body twd W's R-sd leading W trn LF und jnd lead hnds; Sd & fwd L comm trng RF/rec R cont trng RF, sd & fwd L, hook R bhnd L comm trng RF under jnd both hnds/step L in pl cont trng RF to fc LOD, fwd R small step putting both hnds on his R-shoulder (W fwd R, fwd L trng LF under jnd lead hnds; Sd R/XLIF, sd R trng LF to fc LOD raising both hnds, Anchor L/R, L) end TANDEM Pos both fcg LOD W bhnd M both hnds jnd on M's R shoulder;

## PART A (cont'ed)

- 8-10**      **SHOULDER PASS IN 4 M TRANS TO LOP/WALL; OPEN KICK SWIVELS M TRANS TO FC;;**  
 12-4      8      **{Shoulder Pass in 4 M Trans to LOP}** TANDEM Pos both fcg LOD W bhnd M both hnds  
 (W 1234)      jnd on M's R-shoulder fwd L leading W fwd to his R-sd, rec R, tap L fwd releasing trailing hnds,  
                  trng RF to fc WALL sd L (W fwd R, fwd L passing M's R-sd, fwd R comm trng LF, cont trng LF  
                  to fc WALL sd L) end LOP both fcg WALL; (now same footwork)
- 2-4      9-10      **{Open Kick Swivels M Trans to Fc}** LOP both fcg WALL swiveling LF on L kick R across  
 -6-a8      body twd LOD, swiveling RF on L sd R twd RLOD toe pointing RLOD, swiveling LF on R  
 (W -6-8)      tap L-heel sd twd LOD, swiveling RF on R XLIF; Swiveling LF on L kick R across body twd  
                  LOD, swiveling RF on L sd R twd RLOD toe pointing RLOD, swiveling LF on R tap L-heel sd  
                  twd LOD/cl L, step in pl R trng LF to fc LOD (W swiveling LF on L kick R across body twd LOD,  
                  swiveling RF on L sd R twd RLOD toe pointing RLOD, swiveling LF on R tap L-heel sd twd  
                  LOD, swiveling RF on R XLIF to fc M) end LOP Fcg Pos M fcg LOD;  
                  (now opposite footwork)

## PART A MODIF

- 1-7      **SUGAR PUSH KICK & PT - DBL TUMMY SURPRISE;;; TUCK & TWIRL TO HAMMERLOCK -**  
**UNDERARM TRN w/ M'S HOOK TRN TO TANDEM/LOD;;;**  
 1-7      Repeat Meas 1-7 of Part-A;;;;;
- 8-12.5      **SHOULDER PASS IN 4 M TRANS TO BFLY/LOD; CIRCULAR KICK SWIVELS M TRANS;;**  
**LEFT SD PASS w/ TUCK & DBL SPINS;;;**
- 12-4      8      **{Shoulder Pass in 4 M Trans to BFLY}** TANDEM Pos both fcg LOD W bhnd M both hnds  
 (W 1234)      jnd on M's R-shoulder fwd L leading W fwd to his R-sd, rec R, tap L fwd, cl L keeping both  
                  hnds jnd (W fwd R, fwd L passing M's R-sd, fwd R comm trng LF, cont trng LF to fc M sd L)  
                  end BFLY M fcg LOD R-ft free for both; (now same footwork)
- 2-4      9-10      **{Circular Kick Swivels M Trans to Fc}** Swiveling LF on L kick R across body twd DLC (W  
 -6-a8      twd DRW), swiveling RF on L sd R, swiveling LF on R tap L-heel sd twd RLOD, swiveling  
 (W -6-8)      RF on R XLIF; Swiveling LF on L kick R across body twd DRC, swiveling RF on L sd R,  
                  swiveling LF on R tap L-heel sd twd RLOD/cl L, step in pl R slightly trng LF to fc RLOD (W  
                  swiveling LF on L kick R across body twd DLW, swiveling RF on L sd R, swiveling LF on R  
                  Tap L-heel sd twd LOD, swiveling RF on R XLIF to fc M) end LOP Fcg Pos M fcg RLOD;  
                  [Note: Couple rotates CCW] (now opposite footwork)
- 12-4      11-12.5      **{Left Sd Pass w/ Tuck & Dbl Trns}** Trng LF on R sd L twd LOD leading W fwd, rec R, tap L  
 12345a6      to R tucking W in, step L in pl slightly trn LF to fc LOD raising jnd lead hnds to lead W spin  
                  RF (W fwd R, fwd L, swiveling LF to fc M tch R, step R in pl comm spinning RF under jnd  
                  lead hnds); Keeping jnd lead hnds above W's head walk fwd R, L, R, L small steps (W cont  
                  Trn RF under jnd lead hnds traveling twd LOD bk L cont trng RF, fwd R cont trng RF, bk L  
                  cont trng RF, fwd R cont trng RF to fc M); Anchor R/L, R (W Anchor L/R, L) end LOP Fcg  
                  Pos M fcg LOD,

## PART B

- 1-7      **SUGAR SD BREAK; KICK X BALL HEEL TO VOLTA UNDERARM TRN W/ RONDE ENDING;;**  
**SKIP WHIP;; ROLL 2 & CHASSE ROLL TO FC;;**
- 12a3a4      1      **{Sugar Sd Break}** LOP Fcg Pos M fcg LOD bk L, bk R joining trailing hnds/sd L, sd R/half cl L,  
 XRIF (W fwd R, fwd L/sd R, sd L/half cl R, XLIF) end BFLY-BJO M fcg LOD;
- 2a-a4a      2-3      **{Kick X Ball Heel to Volta Underarm Trn w/ Ronde Ending}** BFLY-BJO M fcg LOD kick L  
 5a6--      sd & fwd outside ptr twd DLC, XLIF/step R in pl, tap L-heel sd & fwd/step L in pl, trng RF XRIF  
                  raising lead hnds/cont trng RF to fc WALL sd L (W kick R across body twd DRW, XRIF/step L  
                  in pl, tap R-heel across body/step R in pl, trng LF XLIF/cont trng LF under jnd lead hnds to fc  
                  WALL sd R) end momentary TANDEM Pos M bhnd W both fcg WALL lead hnds jnd above W's  
                  head; Keeping jnd lead hnds above XRIF/sd L, XRIF gradually curving RF (W XLIF/sd R, XLIF  
                  gradually curving LF), swiveling RF on R to fc RLOD ronde L CW (W ronde R CCW), tch L to R  
                  end LOP Fcg Pos M fcg RLOD;

## PART B (cont'ed)

- 123a4 4-5 **{Skip Whip}** Bk L, rec R across body comm trng RF, cont trng RF sd & fwd L/rec R cont trng RF to fc LOD, sd & fwd L (W fwd R, fwd L trng RF 1/2, bk R/cl L, fwd R) end CP M fcg LOD; Step R fwd small step/slip R bk trng RF, step L in pl end momentary CP M fcg RLOD, step R fwd small step/slip R bk cont trng RF, step L in pl (W step L fwd small step/slip L bk trng RF, step R in pl, step L fwd small step/slip L bk cont trng RF, step R in pl) end CP M fcg LOD;
- 123a4 6-7 **{Roll 2 & Chasse Roll to Fc}** Fwd R comm solo roll RF 3/4 releasing hnds, sd L cont roll RF to fc COH joining R-hnds, sd R/cl L, sd R releasing R-hnds trng RF 1/2 to fc WALL joining L-hnds (W bk L comm solo roll RF 3/4, sd R cont roll RF to fc WALL, sd L/cl R, sd L trng RF 1/2 to fc COH); Sd L/cl R, sd L releasing L-hnds trng LF 1/4 to fc LOD, joining lead hnds Anchor R/L, R (W sd R/cl L, sd R trng LF 1/4 to fc M, Anchor L/R, L) end LOP Fcg Pos M fcg LOD;
- 8-14 **SUGAR SD BREAK; KICK X BALL HEEL TO VOLTA UNDERARM TRN W/ RONDE ENDING;; SKIP WHIP;; ROLL 2 & CHASSE ROLL TO FC;;**  
5-14 Repeat Meas 1-7 of Part-B;;;;;;
- 15-16 **PASS TO LUNGE; W HIP ROLLS;**  
123- 15 **{Pass to Lunge}** Bk L leading W fwd, fwd R across body releasing lead hnds, trng RF 1/4 to fc WALL sd L twd LOD flexing knee catching W w/ R-hnd at W's R-waist looking at W, hold (W fwd R, fwd L, trng LF 1/4 to fc WALL sd R twd RLOD flexing knee looking at M, hold) end SHADOW LUNGE Pos both fcg WALL M's L-hnd on his L-hip W's hnds extended sd;
- 16 **{W Hip Rolls}** M hold looking at W, -, -, - (W closing L to R without wgt roll hips CCW twice in 4 counts R-hnd combing hair L-hnd across body);

## INTERLUDE

- 1-4 **SOLO ROLL LF M TRANS TO SHADOW; X PT 4 TIMES;; FLIP OUT M TRANS TO FC;**  
-234 1 **{Solo Roll LF M Trans to Shadow}** SHADOW LUNGE Pos both fcg WALL M's R & W's L (W 1234) free hold leading W fwd, trng LF to fc LOD on L fwd R comm roll LF twd LOD, sd L cont roll LF to fc LOD, fwd R (W sd & fwd L twd LOD, trng LF to fc LOD on L fwd R comm roll LF, sd L cont roll LF to fc LOD, fwd R) end SHADOW Pos both fcg LOD M slightly bhnd W L-hnds jnd & extended sd M's R-hnd at W's R-waist W's R-hnd extended sd; (now same footwork)
- 1-3- 5-7- 2-3 **{X Pt 4 Times}** XLIF, pt R sd lifting R-hip, XRIF, lifting L-hip; Repeat Meas 2 of INTERLUDE;  
1-3a4 4 **{Flip Out M Trans to Fc}** Fwd L, tap R bhnd L leading W trn LF, joining lead hnds Anchor (W 123a4) R/L, R (W fwd L, fwd R trng LF to fc M, Anchor L/R, L) end LOP Fcg Pos M fcg LOD; (now opposite footwork)