

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 1.1 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
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
567&8 (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

PART A(Mod)

- 1 - 3** **PUSH BREAK - UNDERARM TURN ; ; ;**
4 - 6 **LEFT SIDE PASS W/TUCK & SPIN - CHEEK TO CHEEK ; ; ;**
7 - 8 **SUGAR PUSH WITH ROCK 2 ; ; ;**
Repeat Part A Measures 1 – 8 ; ; ; ; ; ; ; ;
- 9 - 12** **SUGAR TOE HEEL CROSSES WITH TUCK & SPIN ENDING ; ; ; QUICK SIDE BREAKS ;**
12-- (**Sugar Toe Heel Crosses**)Bk L, bk R (W fwd R, fwd L)to tight BFLY, swivel RF on R tch L toe to R instep, swivel LF on R tch L heel sd & fwd;
5--8 Swivel RF on R XLIF, swivel LF on L tch R toe to L instep, swivel RF on L tch R heel sd & fwd, swivel LF on L XRIF;
-23&4 (**Tuck & Spin Ending**) Swivel RF on R tch L to R, fwd L bracing joined lead hands at waist level lead W to spin RF, in plc R/L, R join lead hands (W tuck in LF tch R to L, trn RF to step away from M fwd R to trn ½ RF to fc ptr, in plc L/R, L) end OP FCG Pos M fcg LOD;
&1&2&3&4 (**Quick Side Breaks**) Sd L/sd R, cl L/cl R, sd L/sd R, cl L/cl R join lead hands;

PART B

- 1 - 7** **UNDERARM TURN TO TRIPLE TRAVEL & ROLL ; ; ; ; ; , SUGAR PUSH , ; ; CHICKEN WALK 4 QK ;**
123&4 (**Underarm Turn Triple Travel & Roll**) Bk L, fwd R moving off track, trng RF trpl in plc L/R,L raising jnd ld hnds while trng W LF (W fwd R,L, trng LF undr jnd ld hnds stp fwd sd & fwd R/XLif of R, sd & bk R) to end in a R hnd star w/ M fcg Wall (W fcg COH);
5&678 Chasse sd RLOD R/cl L, sd R releasing hnds on last stp and bth trng ½ RF to fc COH (W fc Wall), sd RLOD L bth roll ½ RF to fc Wall (W fc COH), sd RLOD R bth cont to roll ½ RF to fc COH (W fc Wall) joining L hnds in L hnd star; **1&23&4** Chasse sd RLOD L/cl R, sd L releasing hnds on last stp and bth trng ½ LF to fc Wall (W fc COH) joining R hnds in R hnd star, chasse sd RLOD R/cl L, sd R releasing hnds on last stp and bth trng ½ RF to fc COH (W fc Wall) joining L hnds in L hnd star;
5&678 Chasse sd RLOD L/cl R, sd L releasing hnds on last stp and bth trng ½ LF to fc Wall (W fc COH), sd RLOD R bth roll ½ LF to fc COH (W fc Wall), sd RLOD L bth cont roll to end in LOP FCG POS RLOD;
1&2 Anchor R/L,R(W L/R, L),
12-4 5&6 (**Sugar Push**)Bk L, bk R; tap L, fwd L, anchor R/L, R (W fwd R, fwd L; tap R in bk, rec bk R, anchor L/R, L);
1234 (**Chicken Walk 4 Qk**) Bk L, bk R, bk L, bk R(W swivel walk with toe our R, L, R, L);
- 8 - 14** **UNDERARM TURN TO TRIPPLE TRAVEL & ROLL ; ; ; ; ; , SUGAR PUSH , ; ; CHICKEN WALK 4 QK ;**
Repeat Part B measures 1 - 7 to LOD ; ; ; ; ; ; ; ;

INTERLUDE

- 1 - 6.5** **UNDERARM TURN ; * WRAPPED WHIP ½ M IN 4 TANDEM ; 4 POINT STEPS ; ;**
SUGAR PUSH END/W TRN 2 FC & TRIPLE ; KICK/BALL CHNG 2X ;
123&4 5&6 (**Underarm Turn**)Bk L, fwd R 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);
1234 (123&4) (**Wrapped Whip ½ M in 4**)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 lowering hds to wrapped pos immediately release hands to place on W's hips in tandem LOD (W fwd R, fwd L, fwd R/cl L, small bk R);
-2-4-6-8 (**4 Point Steps**) Same foot for both point L fwd, step fwd L, point R fwd, step fwd R; Repeat ;
-23&4(123&4) (**Sugar Push End/W Turn 2 FC & Triple**)Tap L, fwd L(W fwd L trng LF ½, bk R),anchor R/L, R (W anchor L/R, L);
1&23&4 (**Kick/Ball Change 2x**)Kick fwd L/cl L on ball of foot, in pl R, kick L/cl L, in plc R;

END

- 1 - 2.5** **WRAPPED WHIP ; ; SWIVEL BK TO BK W/ARMS, ,**
123&4567&8 (**Wrapped Whip**)Repeat Intro Part 5 – 6 ; ;
1- (**Swivel Bk To Bk W/Arms**)Fwd L twd ptr swivel ½ RF (W LF)to bk to bk pos pointing trail foot twd RLOD (W point to LOD)lead hands low extend trailing arm up, ,