

<b>Man! I Feel Like A Woman!</b> Shania Twain, Time—3:53, Westcoast Swing
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Revision Date: 6/7/2001

	(horns)					Let's go girls			
0:00—1	2	3	4	5	6	7	8		

	(instrumental)							Come on
0:05—1	2	3	4	5	6	7	8	
	Couples #1 enter (SR)							Wave

	(instrumental)							
0:09—1	2	3	4	5	6	7	8	
	Couples #2 enter (SR)				Couples open out.(leaders face SL)			

	I'm	going	out	tonight	—	I'm	feelin'	alright
0:12—1	2	3	4	5	6	7	8	
	Sugar push					Right pass . . .		

	Gonna	let	it	all	hang	o u t		
0:16—1	2	3	4	5	6	7	8	
	. . . Right pass				Push-pull, push-pull			

	Wanna	make	some	noise	—	really	raise	my	voice
0:20—1	2	3	4	5	6	7	8		
	2-handed sugar push, change hand					Left pass tuck . . .			

	Yeah,	I	wanna	scream	and	s h o u t		
0:23—1	2	3	4	5	6	7	8	
	. . . left pass tuck to 2 turns				Followers face front, wave, leader comes behind hands on hips			

	(horns)						ah	
0:28—1	2	3	4	5	6	7	8	
	3- side scoots					push	Open position	

	No	inhibitions	—	make	no	conditions	
0:32—1	2	3	4	5	6	7	8
	Left pass with his-his turn					Capture . . .	

	Get	a	little	outta	l i n e		
0:36—1	2	3	4	5	6	7	8
	. . . capture				Capture . . .		

	I	ain't	gonna	act	politically	correct	
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0:39—1	2	3	4	5	6	7	8
... capture 1 turn change hands		Loop change hands					

I	only	wanna	have	a	good	time	
0:43—1	2	3	4	5	6	7	8
Arm fold						Hold-change hand	

BRIDGE

(beat)	The	best	thing	about	being	a	woman
0:47—1	2	3	4	5	6	7	8
whip							

(beat)	Is	the	prerogative	to	have	a	little	fun	and...
0:51—1	2	3	4	5	6	7	8		
Whip apache arm with 1 turn (immediately)									

CHORUS

1	2
Step into loop	hold

[0:56]

Oh, oh, oh, go totally crazy forget I'm a lady, Men's shirts — short skirts															
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Closed body wave			2 steps		kic		kic		kic		kic		point		

[1:03]

Oh, oh, oh, really go wild — yeah, doin' it in style											
1	2	3	4	5	6	7	8	9	10	11	12
Open body wave				2-handed turn to loop behind neck						Hand to hip	

[1:09]

Oh, oh, oh, get in the action — feel the attraction, color my hair — do what I dare															
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Spoon body wave			open		To	He	Cr	toe	hee	cro	To	He	point		
					e	el	oss		l	ss	e	el			

[1:16]

Oh, oh, oh, I wanna be free — yeah, to feel the way I feel													
1	2	3	4	5	6	7	8	9	10	11	12	13	14
3- body waves-change hand							Butterfly...						

[1:23]

Man!	I	feel	like	a	woman!
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1	2	3	4	5	6
hold					down

(End of CHORUS)

(horns)							
1:26—1	2	3	4	5	6	7	8
hold				up			

(instrumental)							(beat)
1:30—1	2	3	4	5	6	7	8
Tuck with 2 turns hold with crossed hands (leader facing SL)							

The girls need a break — tonight we're gonna take							
1:34—1	2	3	4	5	6	7	8
Double hand spin to leaders right side hold.						Walks forward...	

The chance to get out on	the							town
1:39—1	2	3	4	5	6	7	8	
Walks forward, kick, back				Walks forward, kick, back...				

We don't need romance — we only wanna	dance						
1:42—1	2	3	4	5	6	7	8
... forward, kick, back		Walks, 2 spins for follower...					

We're gonna let our hair	hang							down
1:46—1	2	3	4	5	6	7	8	
Style-style		Slap	Slow shoulder roll					

BRIDGE

(beat)	The best thing about being a woman						
1:49—1	2	3	4	5	6	7	8
Hip bumps						Style-style	

(beat)	Is the prerogative to have a little fun and...						
1:53—1	2	3	4	5	6	7	8
Whip with spin							

CHORUS

1	2
Style-style	

[1:58]

Oh, oh, oh, go totally crazy forget I'm a lady, Men's shirts — short skirts

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Toreodore to 1 spin.												Push-pull			

[2:05]

Oh, oh, oh, really go wild — yeah, doin' it in style

1	2	3	4	5	6	7	8	9	10	11	12
Whip with foot drag into . . .								4-count hip pop			

[2:11]

Oh, oh, oh, get in the action — feel the attraction, color my hair — do what I dare

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Hip pops		Hip pops		Hip pops		Hip pops		walk		blo ck	blo ck	blo ck	blo ck	blo ck	blo ck

[2:19]

Oh, oh, oh, I wanna be free — yeah, to feel the way I feel

1	2	3	4	5	6	7	8	9	10	11	12	13	14
bloc k		ope n	Closed position					Neck roll					

[2:25]

Man! I feel like a woman!

1	2	3	4	5	6
Leaders sweep arms over followers and force them down (on 6). (End of CHORUS)					

(horns)		Yip		yip		(instrumental)			
2:29—1	2	3	4	5	6	7	8		
Up for 4, leader arms on “Yips”				Team #2 walks for 4 counts from SR to SL. Team #1 underarm turn for 4.					

(instrumental)							
2:33—1	2	3	4	5	6	7	8
. . . Team #2 walks for 4 more counts from SR to SL, underarm turn for 4 . . . Team #1 walk for 8 counts from SL to SR.							

(instrumental)							
2:29—1	2	3	4	5	6	7	8
Sugar push				Right send pass. . .			

(instrumental)							
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2:41	1	2	3	4	5	6	7	8
... Right send pass				Sugar push. . .				

Oh	yeah
1	2
... Sugar push	

BRIDGE

(beat)	The	best	thing	about	being	a	woman
2:46—1	2	3	4	5	6	7	8
Lead walks to sweetheart facing audience, 4 walks down stage, turn face partners							

(beat)	Is	the	prerogative	to	have	a	little	fun	and . . .
2:50—1	2	3	4	5	6	7	8		
Dip with swing from l-r.									

fun	fun
1	2
Leader change side	

CHORUS---- Repeat 1<sup>st</sup> chorus with end change

1	2
Step into loop	hold

[2:55]

Oh, oh, oh, go totally crazy forget I'm a lady, Men's shirts — short skirts															
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Closed body wave				2 steps		kic	kic	kic	kic	kic	point				

[3:01]

Oh, oh, oh, really go wild — yeah, doin' it in style

1	2	3	4	5	6	7	8	9	10	11	12
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Open body wave | 2-handed turn to loop behind neck | Hand to hip

[3:08]

Oh, oh, oh, get in the action — feel the attraction, color my hair — do what I dare

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
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Spoon body wave | open | To e | He el | Cr oss | toe | hee l | cro ss | To e | He el | point

[3:16]

Oh, oh, oh, I wanna be free — yeah, to feel the way I feel

1	2	3	4	5	6	7	8	9	10	11	12	13	14
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3- body waves | Butterfly to flat open

I feel		I feel	
1	2	3	4

Yo yo

Man!	I	feel	like	a	woman!
1	2	3	4	5	6

Face each other | Fall hold

(End of CHORUS)

(instrumental)				yeah				
3:28—1	2	3	4	5	6	7	8	
hold				kick		kick		

Yip	yip	(instrumental)					
1	2	3	4	5	6	7	8
Kick		kick		Up for 4 to sweetheart position			

Uh	Hu	Yeah	yeah	I get totally crazy			
1	2	3	4	5	6	7	8
Walks 4 forward (begin right foot)				4 swivels (followers only)			

								Can you feel it
3:39—1	2	3	4	5	6	7	8	
Walks 6 backward (everyone starts left foot), to open position								

		Come	Come			Come	On	baby
1	2	3	4	5	6	7	8	

Send pass double hand

Hitch step

(instrumental)

3:46—1	2	3	4	5	6	7	8
	snake				spin		

### I feel like a woman!

1	2	3	4	5	6
Followers beckon, leaders walk over, place hand on cheek of follower, follower pushes leaders down				Leader on knee holding follower around waist.	

### Steps Being Used

Back Fall  
Bees Knees  
Blocks  
Body Wave  
Butterfly  
Chicken in the Basket  
Closed  
Closed Neck Roll  
Hip Bumps  
Kicks  
Left Pass  
Left Spin Side-by-Side Walks/Kicks  
Left Touch Stop  
Left Touch Turn  
Neck Loop  
Nose up Front  
Push-pull  
Reverse underarm with tuck  
Right Capture Send Back with Turn  
Right Capture Send Straight Back  
Right Pass  
Shadow Side Slides  
Sugar Push  
Sugar push rock  
Sweetheart walks  
Toe-heel-cross  
Travel  
Triple Whip  
Whip  
Whip with Arm in Back  
Whip with foot leading into hip pops  
Whip with spin  
Yo-yo Fall

### Formation

Triangle



Switch Sides  
Switch Back to Front  
Switch Partners  
Single Line