

Man! I Feel Like A Woman!
Shania Twain, Time—3:53, Westcoast Swing

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
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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 1st 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