

Shirts and Skirts

32 count, 4 wall, absolute beginner level

Choreographer: Jamie Barnfield, October 2025

Choreographed to: "Man! I Feel Like A Woman!" by Shania Twain

Intro: 8 counts – start on the first main beat

Section 1 R K-Step

1 2 Step forward to Right diagonal on Right, touch Left next to Right

3 4 Step back to Left diagonal on Left, touch Right next to Left

5 6 Step back to Right diagonal on Right, touch Left next to Right

7 8 Step forward to Left diagonal on Left, touch Right next to Left

Styling For a little bit of styling, thrown in some finger clicks on the touches

Section 2 Grapevine Right w. Touch+Clap, Grapevine Left w. Touch+Clap

1 2 Step Right to Right side, cross Left behind Right

3 4 Step Right to Right side, touch Left next to Right as you clap your hands

5 6 Step Left to Left side, cross Right behind Left

7 8 Step Left to Left side, touch Right next to Left as you clap your hands

Section 3 Walk Forward R-L-R, Kick Left, Walk Back L-R-L, Touch Right

1 2 Step forward on Right, step forward on Left

3 4 Step forward on Right, kick Left forward

5 6 Step back on Left, step back on Right

7 8 Step back on Left, touch Right next to Left

Section 4 V-Step, 2x Paddle 1/8 Turn L

1 2 Step forward and out to Right on Right, step forward and out to Left on Left

3 4 Step Right back to Centre, close Left next to Right

5 6 Small step forward on Right, turn 1/8 Left onto Left (10:30)

7 8 Small step forward on Right, turn 1/8 Left onto Left (9:00)

Quelle:

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