

# I Am Woman

**Count:** 32

**Wall:** 4

**Level:** Beginner

**Choreographer:** Paula-jayne Ogilvie (AUS) - July 2025

**Music:** I Am Woman - Helen Reddy

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## **Section 1 side rock, ball change, side rock, ball change, step forward, 1/2 pivot, shuffle forward.**

1,2 rock RF to R side, recover weight to LF.  
&3,4 step RF beside LF, rock LF to L side, recover weight to RF.  
&5,6 step LF beside RF, step RF forward, 1/2 turn L transferring weight onto LF.  
7&8 step RF forward, step LF beside RF, step RF forward.

## **Section 2. Rock forward, recover, 1/2 shuffle, step forward 1/2 pivot, kick ball change.**

1,2 rock LF forward, recover weight to RF.  
3&4 1/2 turn L stepping LF forward, step RF beside LF, step LF forward.  
5,6 step RF forward, 1/2 turn L transferring weight to LF.  
7&8 kick RF forward, step RF next to LF, step LF next to RF.

## **Section 3. Skate, skate, shuffle forward, rock forward, recover, coaster step.**

1,2 skate RF forward, skate LF forward.  
3&4 step RF forward, step LF beside RF, step RF forward.  
5,6 rock LF forward, recover weight to RF.  
7&8 step LF back, step RF beside LF, step LF forward.

## **Section 4. Side rock, recover, cross shuffle, side rock, recover, cross shuffle.**

1,2 rock RF to R side, recover weight to LF.  
3&4 cross RF over LF, step LF to LF side, cross RF over LF.  
5,6 rock LF to L side, recover weight to RF.  
7&8 cross LF over RF, step RF to R side, cross LF over RF.

**Optional arm movements happen on wall 2,4,6 in section 4. counts 1,2 both arms go up showing muscles fists clenched, and counts 5,6 L are will go up shoulder hight and flick like your flicking something off your left shoulder**

**3 tags at end of walls 2,4,6 all happen at 12:00**

## **Rock forward, recover, 1/2 shuffle, step forward, 1/2 pivot shuffle forward, hips R, L, R, L.**

1,2 rock RF forward, recover weight to LF.  
3&4 1/2 turn R stepping forward RF, step LF beside RF, step RF forward  
5,6 step LF forward, 1/2 R placing weight on RF  
7&8 step LF forward, step RF beside LF, step LF forward  
1,2,3,4. Step RF beside LF swaying hips R, L, R, L.