

A Man Is Not A Woman (是男非女) (zh)

COPPER KNOB
STEPSHETS

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Francien Sittrop (NL) - 2010年08月

Musik: A Man Is Not a Woman - Lou Bega



前奏 : Intro: Start after 32 Counts from the beginning

第一段 **Cross, Rock, Recover, Behind , ¼ L, Step fwd, Sailor ¼ L**
交叉, 右下 沉 回復, 1/4轉水手, 下沉 回復, 1/4轉水手

- 1 Step L across R 左足於右足前交叉踏
2-3 Rock R to R side, Recover on L 右足右下 沉, 左足回復
4&5 Step R behind L, ¼ Turn L step L Fwd, Step R fwd (9.00)
右足於左足後踏, 左轉90度左足前踏, 右足前踏(面向9點鐘)
6-7 Rock L fwd, Recover on R 左足前下沉, 右足回復
8&1 Sailor Step ¼ Turn L (6.00) 左90度轉水手(面向6點鐘)

第二段 **Vaudeville, Step fwd , Mambo fwd, Coaster step**
交叉-後-踵-收, 踏, 前曼波, 海岸步

- 2&3& Step R across L, Step L small step back, R heel fwd, Step R next to L 右足於左足前交叉踏, 左足略後踏, 右足踵前點, 右足併踏
4 Step L fwd 左足前踏
5&6 Rock R fwd, Recover on L, Step R back
右足前下沉, 左足回復, 右足後踏
7&8 Step L back, Step R next to L, Step L fwd
左足後踏, 右足併踏, 左足前踏

第三段 **Rock, Recover, Triple Full Turn R, Rock Recover, Triple ¾ Turn L** 下沉 回復, 三步右轉圈, 下沉 回復, 三步左轉3/4

- 1-2 Rock R fwd, Recover on L 右足前下沉, 左足回復
3&4 Triple Full Turn R with R,L,R 三步右轉圈-右, 左, 右
5-6 Rock L fwd, Recover on R 左足前下沉, 右足回復
7&8 Triple ¾ Turn L with L,R,L (9.00)
三步左轉270度-左, 右, 左(面向9點鐘)

第四段 **Out, Out, Hold, Ball Cross, Hitch, Hip Sways, Side, Drag**
大-大, 候-併-交叉, 抬, 右擺臀, 左擺臀, 右, 拖併

- &1-2 Step R out, Step L out, Hold
右足右踏, 左足左踏, 候
&3-4 Step R next to L, Step L across R, Hitch R
右足併踏, 左足於右足前交叉踏, 右足抬
5-6 Step R out and sway hips R, Sway Hips L
右足右踏右擺臀, 左擺臀
7-8 Step R to R side, Drag L 右足右踏, 左足拖併

ENDING: Last wall ends at the back wall. Dance to count 30 then the last 2 Counts
結束時面向後面牆, 跳到最後一段, 7-8拍改成下面舞步, 面向前面牆做結束

- 7-8 Cross R over L and make a ½ Turn L
右足於左足前交叉踏, 左轉180度