

Single Man

Count: 32

Wand: 4

Ebene: Improver - Polka

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Musik: Single Man - High Valley



Introduction: after the word « Well »

[1-8] WIZARD STEP, SWEEP, CROSS SHUFFLE, SIDE ROCK, TOGETHER

- 1-2& Step RF diagonally forward R, Lock LF behind RF, Step RF diagonally forward R
3-4 Step LF diagonally forward L & Sweep RF over LF (on 2 counts)
5&6 Cross RF over LF, Step LF side, Cross RF over LF
7-8& Rock step LF side, Recover on RF, Step LF together

[9-16] 1/4 R, DIAGONAL SLIDE TOUCH x2, SHUFFLE FWD, 1/4 R SHUFFLE SIDE

- 1-2 .. 1/4 turn R.. Big step RF diagonally forward R, Slide & touch L toe together (3:00)
3-4 Big step LF diagonally forward R, Slide & touch R toe together

Style : bend knees on counts 1/3, straighten them on counts 2/4

- 5&6 Step RF forward, Step LF together, Step RF forward
7&8 .. 1/4 turn R.. Step LF side, Step RF together, Step LF forward (6:00)

[17-25] BACK ROCK, KICK BALL CROSS, SIDE, SAILOR STEP, COASTER STEP...

- 1-2 Rock step RF behind LF, Recover on LF forward
3&4 Kick RF diagonally forward R, Step RF together, Cross LF over RF

Restart here on wall 9 (starting 12:00) restart (6:00)

- 5 Step RF side
6&7 Cross LF behind RF, Step RF side, Step LF side
8&1 Step RF back, Step LF together, Step RF forward

Final here on wall 13 (starting 3:00) replace COASTER STEP by SAILOR 1/4 R to finish (12:00)

[26-32] ...TURN 1/2 L, FULL TURN L, FWD ROCK, 1/4 R, KICK BALL CROSS

- 2 .. 1/2 turn L.. Recover on LF forward (12:00)
3-4 .. 1/2 turn L.. Step RF back, ..1/2 turn L... Step LF forward (12:00)
5-6 Rock step RF forward, Recover on LF
7&8 .. 1/4 turn R.. Kick RF diagonally forward R, step RF together, cross LF over RF (3:00)

Have FUN, good luck !!