

Man Of Constant Sorrow

Count: 136

Wand: 2

Ebene: Improver line/contra dance

Choreograf/in: Jackie Fritts (USA) & Paula Hise (USA)

Musik: I Am a Man of Constant Sorrow - The Soggy Bottom Boys



1-4 Two heel splits

5-8 Knee splits

1-4 Right heel forward, right heel hook, right heel forward, right step

5-8 Left heel forward, left heel hook, left heel forward, left step

1-8 Right jazz box, two knee splits

1-8 Right jazz box, two knee splits

1-8 Two right Charlestons (attitude: lean back with forward steps)

1-4 Right vine with $\frac{1}{4}$ turn right

5-8 Knee splits

1-4 Left heel forward, left heel hook, left heel forward, left step

5-8 Right heel forward, right heel hook, right heel forward, right step

1-8 Left jazz box, two knee splits

1-8 Left jazz box, two knee splits

1-8 Two left Charlestons (attitude: lean back with forward steps)

1-4 Vine left with $\frac{1}{4}$ turn left

5-8 Knee splits

Lean back on forward steps using attitudes, hands on hips, elbows extended for following 32 counts

1-4 Right step, left forward, left back, left step

5-8 Right jazz box with $\frac{1}{4}$ turn right

1-4 Right step, left forward, left back, left step

5-8 Right jazz box with $\frac{1}{4}$ turn right

1-4 Right step, left forward, left back, left step

5-8 Right jazz box with $\frac{1}{4}$ turn right

1-4 Right step, left forward, left back, left step

5-8 Right jazz box with $\frac{1}{4}$ turn right (back to original position)

1-4 Step right, slide left, step right, touch left

5-8 Step left, slide right, step left, slide right

1-4 Two knee splits

5-8 Step right forward, (small steps) turn $\frac{1}{4}$ left, step right forward, turn $\frac{1}{4}$ left

REPEAT