

Don't Needa Man

Compte: 48

Mur: 4

Niveau: Intermediate

Chorégraphe: Lori Manary (USA) - January 2019

Musique: Don't Need No Man - DeMetri Moon : (iTunes)



Start with lyrics

Toe Struts R, L, Jazz Box w/¼ Turn R

- 1, 2 Tap R toe forward (1), Step down on R(2)
- 3, 4 Tap L toe forward (3), Step down on L(4)
- 5, 6 Cross R over L (5) Step L back
- 7, 8 ¼ turn R stepping forward on R (7), Step L next to R (8) (3:00)

R Vine, Heel Jack, L Vine, Heel Jack Cross

- 9, 10 Step R To R side (9) Cross L behind R(10)
- 11, 12 Hop R back at R diagonal tap L heel at L diagonal (11) Hop both feet back to center landing with R crossing over L(12)
- 13, 14 Step L to L side (13) Cross R behind L (14)
- 15, 16 Hop L back at L diagonal tap R heel at R diagonal (15) Hop both feet back to center landing with L crossing over R(16) (3:00)

Shuffle RLR, Toe Touch Behind, ½ Turn L, Kick Ball Point, ¼ Turn L

- 17&18 Step R forward (17), Step L next to R (&) Step R forward (18)
- 19, 20 Touch L toe back (19) ½ Turn L(20)
- 21&22 Kick L forward (21), Step L down next to R (&) Point R toe forward(22)
- 23, 24 ¼ turn L (23), Hold (24) (6:00)

R Sailor, L Sailor, R Toe Touches, L Toe Touch ¼ Turn L

- 25&26 Step R to R side (25) Rock back on L (&) Rock forward on R (26)
- 27 & 28 Step L to L side (27) Rock back on R (&) Rock forward on L. (28)
- 29, 30 Touch R toe out to R side (29) Step R next to L(30)
- 31, 32 Touch L toe out to L side (31) ¼ turn L(32) (3:00)

Coaster Step, Toe Touch R,L, R Toe Flick, R Toe Cross, Unwind

- 33&34 Step L back (33) Step R next to L (&) Step L forward (34)
- 35&36& Touch R toe forward (35) Touch R next to L (&) Touch L toe forward (36) Step L next to R(&)
- 37, 38 Flick R toe forward (37) Cross R toe over L (38)
- 39- 40 Unwind full turn (3:00)

Hip Bump R, Hip Bump L, Hip Circle

- 41, 42 Two hip bumps R
- 43, 44 Two hip bumps L
- 45-48 1 full hip circle (3:00)

Restart: Do the entire dance twice.

On count 32, bring L foot next to R while making the ¼ turn L.

You will be facing the 9:00 wall, restart the dance

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