

Listen to the Man

拍数: 64 墙数: 4 级数: Improver
编舞者: Audrey Watson (SCO) - November 2014
音乐: Listen to the Man - George Ezra : (iTunes)



#16 Count Intro

Section One: Side Behind & ¼ Touch, Knee Pops, Kick.

- 1-2 Step right to right side, step left behind right.
&3-4 Turn ¼ right stepping fwd right, step fwd on left, touch right next left.
5-6 Turn right knee in, turn right knee out.
7-8 Turn right knee in, kick right foot fwd.

Section Two: Jump Back Touch, Pivot ½ Turn, Walk Walk, Shuffle.

- &1-2 Jump back shoulder width apart right, left, touch right next left.
3-4 Step fwd on right, pivot ½ turn left.
5-6 Walk fwd on right, walk fwd on left.
7&8 Step fwd on right, step left next right, step fwd on right.

Section Three: Fwd Rock, Coaster Step or Triple Full Turn, Step Point, Sailor Step.

- 1-2 Rock fwd on left, recover back on right.
3&4 Step back on left, step right next left, step fwd on left.
(Alternative step) Triple full turn left stepping left, right, left.
5-6 Step fwd on right, point left toe to left side.
7&8 Step left behind right, step right to right side, step left to left side.

Section Four: Behind ½ Turn, Kick Ball Step, Pivot ¼ x 2.

- 1-2 Touch right toe back, unwind ½ right.(weight on right foot)
3&4 Kick left foot fwd, step left next right, step fwd on right.
5-6 Step fwd on left, pivot ¼ turn.
7-8 Step fwd on left, pivot ¼ turn.

Section Five: Cross Side Behind & Heel, & Cross ½ Turn, Cross.

- 1-2 Cross left over right, step right to right side.
3&4 Step left behind right, step right to right side, Touch left heel fwd.
&5-6 Step left next right, cross right over left, turn ¼ right stepping back on left. Restart from beginning Wall 2
7-8 Turn ¼ right, cross left over right.

Section Six: Side Rock, Cross Shuffle, ¾ Turn, Kick Ball Step.

- 1-2 Rock right to right side, recover on left.
3&4 Cross right over left, step left to left side, cross right over left.
5-6 Turn ¼ right stepping back on left, turn ½ right stepping fwd on right.
7&8 Kick left foot fwd, step down on left, step fwd on right.

Section Seven: ¼ Turn Kick Ball Side, Side Rock, Weave.

- &1&2 Turn ¼ right, kick left foot fwd, step down on ball of left, step right next left.
3-4 Rock left to left side, recover on right.
5-6& Cross left over right, step right to right side, step left behind right.
7-8 Step right to right side, Cross left over right. Restart from beginning Wall 4

Section Eight: Pivot ¼ x 2, Jazz Box Cross.

- 1-2 Step fwd on right, pivot ¼ left.

- 3-4 Step fwd on right, pivot $\frac{1}{4}$ left.
 - 5-6 Cross right over left, step back on left.
 - 7-8 Step right to right side, cross left over right.
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