

Listen to The Man

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Listen to the Man - George Ezra



Start on the word 'head'

S1: □Walk, Walk, Rock, Recover, Coaster, Walk, Walk.

1, 2 Step forward right, Step forward left.
3, 4 Rock forward on right, Recover back onto left.
5 & 6 Step back right, Step left together, Step forward right.
7, 8 Step forward left, Step forward right.

S2: □Rock, Recover, ½ Shuffle, ¼ Monterey.

1, 2 Rock forward on left, Recover back onto right.
3 & 4 ¼ left stepping left, Step right next to left, ¼ stepping left forward.
5, 6 Point right to right side, Turn ¼ right stepping right next to left,
7, 8 Point left to left side, Step left next to right.

S3: □Jazz Box, Side Shuffle, Rock, Recover.

1, 2 Cross right over left, Step back left,
3, 4 Step right to right side, Cross left over right.
5 & 6 Step right to right side, Step left next to right, Step right to right side.
7, 8 Rock back on left, Recover onto right.

S4: □Side Strut, Cross Strut, Side Shuffle, Rock, Recover.

1, 2 Touch left toe to left side, Drop heel,
3, 4 Touch right toe in front of left, Drop heel.
5 & 6 Step left to left side, Step right next to left, Step left to left side.
7, 8 Rock back on right, Recover onto left.

S5: □Kick Ball Cross x2, Side, Behind, ¼, Step

1 & 2 Kick right forward, Step back on right, Cross left over right.
3 & 4 Kick right forward, Step back on right, Cross left over right.
5, 6 Step right to right side, Step left behind right,
7, 8 ¼ right stepping right forward, Step forward left.

S6: □Pivot ½, ¼ Turn Right, Behind, ¼ Turn left, ½ shuffle, Rock, Recover

1, 2 Pivot ½ turn right, ¼ right stepping left to left side.
3, 4 Step right behind left, ¼ left stepping left forward.
5 & 6 ¼ left stepping right, Step left next to right, ¼ stepping back right.
7, 8 Rock back on left, Recover onto right.

S7: □Step, Pivot ½, Step, Hold (Clap), Side, Touch, Side, Touch

1, 2 Step forward left, Pivot ½ right,
3, 4 Step forward left, Hold (Clap).
5, 6 Step right to right side, Touch left next to right,
7, 8 Step left to left side, Touch right next to left.

S8: □Behind, Side, Cross, Side Rock, Recover, Behind Side Cross, Heel x2

1 & 2 Step right behind left, Step left to left side, Cross right over left.
3, 4 Rock left to left side, Recover onto right.

5 & 6 Step left behind right, Step right to right side, Cross left over right
7, 8 Tap right heel forward, Tap right heel forward.

End on wall 6: after 24 counts, make a ¼ left stepping left forward.

Smile & Enjoy

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