

Man's World

COPPERKNOB
BY SHEETS

拍数: 72 墙数: 4
编舞者: Christina Yang (KOR) - May 2015
音乐: It's a Man's World by Seal

级数: Intermediate - Viennese Waltz



Start the dance after 12 counts next to Intro play

SECTION 1: CROSS FORWARD ROCK, RECOVER, SIDE, CROSS FORWARD ROCK, RECOVER, SIDE, CROSS FORWARD ROCK, RECOVER, SIDE, CROSS OVER

1-3 RF cross forward rock, LF recover, RF side
4-6 LF cross forward rock, RF recover, LF side
7-9 RF cross forward rock during a 3 counts
10-12 LF recover, RF side, LF cross over RF

SECTION 2: 3/4 TURN TO R WITH SWEEP, CROSS BEHIND, SIDE, CROSS OVER, SIDE, CROSS BACK ROCK, RECOVER, SIDE, CROSS BACK ROCK, RECOVER

1-3 3/4 turn to R with RF sweep from front to back
4-6 RF cross behind LF, LF side, RF cross over LF
7-9 LF side, RF cross back rock, LF recover,
10-12 RF side, LF cross back rock, RF recover

SECTION 3: SIDE ROCK, RECOVER AND 1/2 TURN TO R WITH SWEEP, CROSS, SIDE ROCK, RECOVER, FORWARD ROCK

1-6 LF side rock during a 3 counts, RF recover(4) and 1/2 turn to R with LF sweep from back to front(5,6)
7-12 LF cross over RF, RF side, LF recover, RF forward rock during a 3 counts.

SECTION 4: RECOVER, 1/2 TURN TO R WITH SWEEP, COASTER STEP, FORWARD WALK, 1/8 TURN TO L WITH SIDE, 1/8 TURN TO I WITH BACKWARD WALK, 1/8 TURN TO L WITH BACKWARD WALK, 1/8 TURN TO L WITH SIDE, 1/8 TURN TO L WITH FORWARD WALK

1-3 LF recover(1) and 1/2 turn to R with RF sweep from front to back(2,3)
4-6 RF backward, LF closed RF, RF forward walk
7-9 LF forward, 1/8 turn to L with RF side(7:30), 1/8 turn to L with LF backward walk(6:00),
10-12 1/8 turn to I with RF backward(4:30), 1/8 turn to L with LF side(3:00),, 1/8 turn to L with RF forward walk(1:30)

SECTION 5: FORWARD WALK, SLOW FORWARD KICK, BACKWARD WALK, BACKWARD ROCK, RECOVER, FORWARD WALK, 1/2 TURN TO R, FULL TURN TO R

1-3 LF forward(1), RF slow forward kick(LF heel raised), during a 2 counts
4-6 RF backward, LF backward rock, RF recover
7-12 LF forward, 1/2 turn to R during a 2 counts(weight on LF), RF forward, 1/2 turn to R with LF backward, 1/2 turn to R with RF forward

SECTION 6: 1/8 TURN TO R WITH SIDE, 1/8 TURN TO R WITH BACKWARD WALK, BACKWARD WALK, 1/8 TURN TO R WITH SIDE, 1/4 TURN TO R WITH SIDE, RECOVER AND 1/2 TURN TO L WITH TOGETHER

1-6 1/8 turn to R with LF side during a 2 counts(weight on LF), 1/8 turn to R with RF backward, LF backward, 1/8 turn to R with RF side
7-12 1/4 turn to R with LF side during a 3 counts(weight on LF), RF recover(10) and 1/2 turn to L with LF closed RF(Both heels raised and weight on LF) during a 2 counts.

NO TAG, NO RESTART

E-mail: chrisjj0618@yahoo.com - <http://www.youtube.com/user/thetrianglelinedance>

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