

Be The Man

COPPERKNOB
BY STEPHEN BRETZ

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Kim Ray (UK) - April 2017
音乐: Be the Man - Rag'n'Bone Man : (CD: Human)



#32 count intro

S1: □ FORWARD, FORWARD ROCK/RECOVER, LOCK STEP BACK, TOUCH, ½ TURN RIGHT, PIVOT ¾ TURN RIGHT

1-3 Step forward on right, rock forward on left, recover back on right
4&5 Step back on left, cross step right over left, step back on left
6-7 Touch right toe back, ½ turn right taking weight (6:00)
8&1 Step forward on left, ½ turn right, ¼ turn right stepping slightly back on left (3:00)

S2: □ WALK BACK x 2, COASTER STEP, TWIST x 2, SIDE ROCK/RECOVER

2-3 Step back on right, step back on left
4&5 Step back on right, step left beside right, step forward on right
6-7 Twist feet and body ¼ turn left (12:00), twist feet and body ¼ turn right (3:00)

(RESTART & TAGLET DURING WALL 4)

8& Rock left to left side, recover on right

S3: □ PIVOT ½ TURN RIGHT, FORWARD, MAMBO FORWARD, BACK, POINT, DIAGONAL CROSS SHUFFLE

1-2 Step forward on left, pivot ½ turn right (9:00)
3 Step forward on left
4&5 Rock forward on right, recover back on left, step back on right
6-7 Step back on left, point right toe back and slightly right
8&1 Cross step right over left, step left to left side, cross step right over left (travelling to left corner)

S4: □ SIDE ROCK LEFT/RECOVER ¼ TURN RIGHT, SHUFFLE FORWARD, PIVOT ½ TURN LEFT, ¼ TURN LEFT, SIDE, TOGETHER

2-3 Rock left to left side, recover ¼ turn right stepping forward on right (12:00)
4&5 Step forward on left, step right beside left, step forward on left
6-7 Step forward on right, ½ pivot turn left (6:00)
8& Make a ¼ turn left stepping right to right side, step left beside right (3:00)

RESTART DURING WALL 4 AT 9:00

Dance up to count 7 of Section 2, for count 8 make a full pencil turn right on right foot stepping left in place 12:00

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