

Not Man Enough

COPPER KNOB
STEPPERS

拍数: 64 墙数: 1 级数: Phrased Improver
编舞者: Tina Jackson - May 2018
音乐: Not Man Enough - Toni Braxton



Sequence: A A B A A B B A B B A

PART A

[1-8] WALK TO RIGHT, IN-OUT-IN, WALK TO LEFT, IN-OUT-IN

1,2,3&4& Step R to right, Step L across R, Step R to right, Touch L beside R, Touch L to Left side, Touch L beside R

5,6,7&8& Step L to left, Step R across L, Step L to left, Touch R beside L, Touch R to Right side, Touch R beside R

[9-16] (REPEAT 1-8) WALK TO RIGHT, IN-OUT-IN, WALK TO LEFT, TOUCH R BESIDE L

1,2,3&4& Step R to right, Step L across R, Step R to right, Touch L beside R, Touch L to Left side, Touch L beside R

5,6,7,8 Step L to left, Step R across L, Step L to left, Touch R beside L

[17-24] HOOD WALKS (4X)

1&2, 3&4 Step back on R , Touch L forward, Push hip back toward R; Step back on L, Touch R forward, Push hip back to Left

5&6, 7&8 Step back on R , Touch L forward, Push hip back toward R; Step back on L, Touch R forward, Push hip back to Left

(Optional: doing body roll as you push hip back slightly on the hood walks)

[25-32] CHA-CHAS (OR LOCKSTEPS) FORWARD (4X)

1&2, 3&4 Step Right forward, Step Left beside R, Step R forward, Step L forward, Step R beside L, Step L forward

5&6, 7&8 Step Right forward, Step Left beside R, Step R forward, Step L forward, Step R beside L, Step L forward

PART B (CHORUS)

[1-8] ROCKING CHAIR, 1/4 TURN LEFT WITH SWAYS

1-4 Rock forward on R, Recover weight onto L, Rock back on R, Recover weight onto L

5-8 1/4 turn to Left while swaying, stepping R to side, Sway Left, Sway Right, Sway Left

[9-16] ROCKING CHAIR, 1/4 TURN LEFT WITH SWAYS (4X)

1-4 Rock forward on R, Recover weight onto L, Rock back on R, Recover weight onto L

5-8 1/4 to Left stepping R to side, Sway Left, Sway Right, Sway Left

[17-24] ROCKING CHAIR, 1/4 TURN LEFT WITH SWAYS (4X)

1-4 Rock forward on R, Recover weight onto L, Rock back on R, Recover weight onto L

5-8 1/4 to Left stepping R to side, Sway Left, Sway Right, Sway Left

[25-32] ROCKING CHAIR, 1/4 TURN LEFT WITH SWAYS (4X)

1-4 Rock forward on R, Recover weight onto L, Rock back on R, Recover weight onto L

5-8 1/4 to Left stepping R to side, Sway Left, Sway Right, Sway Left

Step Description by Steve Cavanaugh (steve@appleblossom.net)