

# Man of Constant Sorrow

**COPPER KNOB**  
STEPPSHEETS

拍数: 20      墙数: 4      级数: High Beginner  
编舞者: Laura Rittenhouse (AUS) - June 2019  
音乐: I Am a Man of Constant Sorrow - The Soggy Bottom Boys



Start on "I am a man" after 16 beats / 11 seconds

## ROCK ON RIGHT, TURN & SHUFFLE, ROCK ON LEFT, TURN & SHUFFLE

1,2,3&4      Rock forward on R, Recover on L, Turn  $\frac{1}{2}$  R with shuffle forward (R,L,R) (6:00)  
5,6,7&8      Rock forward on L, Recover on R, Turn  $\frac{1}{2}$  L with shuffle forward (L,R,L) (12:00)

## SAMBAS, JAZZ BOX TURN $\frac{1}{4}$ RIGHT

1&2,3&4      Cross R over L, Rock L to L side, Recover on R, Cross L over R, Rock R to R side, Recover on L  
5,6,7,8      Cross R over L, Step L back, Step forward R turning  $\frac{1}{4}$  R, Step L to L side (3:00)

## DOUBLE HEEL BOUNCE, DOUBLE TOE TAP

1,2,3,4      Bounce R heel twice at 45° angle in front of R foot (1,2), Cross R foot over L and tap toe twice beside L foot (3,4)

**TAG at end of every even wall (2,4,6,8,10) when facing 12:00 or 6:00 during short chorus**

## ROCKING CHAIR, DOUBLE HEEL BOUNCE, DOUBLE TOE TAP

1,2,3,4      Rock forward on R, Recover on L, Rock back on R, Recover on L  
5,6,7,8      Bounce R heel twice at 45° angle in front of R foot (5,6), Cross R foot over L and tap toe twice beside L foot (7,8)