

The Dustbin Man

拍数: 48 墙数: 2 级数: Beginner
编舞者: Ross Brown (ENG) - March 2021
音乐: All You Ever Wanted - Rag'n'Bone Man : (Album: Life By Misadventure)



Intro : 16 Counts (Approx. 7 Seconds)

Dedication : This dance has been named in memory of a lovely dancer who used to attend my classes called Penny. Sadly, she passed away back in 2019. Whilst on a dance weekend, she was uncertain of the name of the artist Rag 'n' Bone Man and was adamant he was "The Dustbin Man". Hence, the title.

EXTENDED VINE RIGHT. SIDE ROCK. CROSS, HOLD.

1 - 2 - 3 - 4 Step R to R, cross step L behind R, step R to R, cross step L over R.
5 - 6 Rock R to R, recover onto L.
7 - 8 Cross step R over L, hold for Count 8. (12 O'CLOCK)

EXTENDED VINE LEFT. SIDE ROCK. CROSS HOLD.

1 - 2 - 3 - 4 Step L to L, cross step R behind L, step L to L, cross step R over L.
5 - 6 Rock L to L, recover onto R.
7 - 8 Cross step L over R, hold for Count 8. (12 O'CLOCK)

HALF RUMBA BOX FORWARD, HOLD. X2.

1 - 2 - 3 Step R to R, step L next to R, step R forward.
4 Hold for Count 4.
5 - 6 - 7 Step L to L, step R next to L, step L forward.
8 Hold for Count 8. (12 O'CLOCK)

SLOW MAMBO FORWARD, HOLD. SLOW COASTER STEP, HOLD.

1 - 2 - 3 Rock R forward, recover onto L, step R back.
4 Hold for Count 4.
5 - 6 - 7 Step L back, step R next to L, step L forward.
8 Hold for Count 8. (12 O'CLOCK)

MONTEREY ¼ TURN R. X2.

1 - 2 - 3 - 4 Point R to R, make a ¼ turn R stepping R next to L, point L to L, step L next to R.
5 - 6 - 7 - 8 Repeat Counts 1 - 2 - 3 - 4 of this Section. (6 O'CLOCK)

KICK OUT. BEHIND, SIDE, CROSS. X2.

1 Kick R forward to R diagonal.
2 - 3 - 4 Cross step R behind L, step L to L, cross step R over L.
5 Kick L forward to L diagonal.
6 - 7 - 8 Cross step L behind R, step R to R, cross step L over R. (6 O'CLOCK)

END OF DANCE!
