

Ein mann som deg

拍数: 32 墙数: 4 级数: Beginner / Improver
编舞者: Sissel Berntsen (NOR) - April 2021
音乐: Ein Mann Som Deg - Circus of Sirens



#16 count intro - No tags, no restarts :-)

Section 1: Chassé R, Cross rock, Step touch x 2

1&2 Step R to R (1), step L next to R (&), Step R to R (2)
3 4 Cross rock L behind R (3), recover on R (4)
5 6 Step L to L (5), cross touch R toe in front of L (6)
7 8 Step R to R (7), cross touch L toe in front of R (8)

Section 2: Chassé L, Cross rock, Grapevine R

1&2 Step L to L (1), step R next to L (&), step L to L (2)
3 4 Cross rock R behind L (3), recover on L (4)
5 6 Step R to R (5), cross L behind R (6)
7 8 Step R to R (7), touch L next to R (8)

Section 3: Rolling vine L with ¼ turn L, scuff R, rocking chair R

1 2 ¼ L stepping L foot forward (1), ½ turn L stepping R foot back (2),
3 4 ½ turn L stepping L foot forward (2), scuff R foot (4)

(you are now at 9 o'clock)

5 6 Rock R foot forward (5), recover on L (6)
7 8 Rock R foot back (7), recover on L (8)

Section 4: R Jazzbox, heel flicks x2 (option: heel jacks)

1 2 Cross step R over L (1), step L back (2)
3 4 Step R to R (3), step L forward slightly across R (4)
5 6 Step R to R (5), flick L heel behind R, and at the same time clap R hand to L heel (6)
7 8 Step L to L (7), flick R heel behind L, and at the same time clap L hand to R heel (8)

Start again! :-)

To finish the dance: On the last wall you will dance the first 8 counts (section 1), and then just step L next to R to make a nice finish.

Have fun! :-)

Option/variation for the last 4 counts in section 4, if you want to speed it up even more: heel jacks

&5 Step R to R (&), touch L heel diagonally forward (5)
&6 Step L next to R (&), cross R over L (6)(ball-cross)
&7 Step L to L (&), step R heel diagonally forward (7)
&8 Step R next to L (&), cross L over R (8)(ball-cross)