

The Man

拍数: 32 墙数: 4 级数: Improver
编舞者: Amy Christian (USA) - July 2021
音乐: The Man - Taylor Swift



Sequence: intro 32, 16, 32, tag, 32, 16, 32, tag, 32, 32, 32, tag, tag, 16.

SIDE, ¼ HITCH, FWD SHUFFLE, PIVOT ½, RUN, RUN, RUN,

1-2 Step R to right side, Twist on R turning ¼ left as you Hook L [9:00], (Snap fingers),
3&4 Forward shuffle L-R-L,
5-6 Step forward on R, Pivot ½ on L, [3:00]
7&8 Little run going forward R-L-R,

SIDE-ROCK, BEHIND, SIDE, CROSS, SIDE, TOUCH, SIDE, TOUCH,

1-2 Rock L out to side, Recover on R,
3&4 Step L behind R, Step R to side, Step L across R,
5-8 Step R to side, Touch L next to R Step L to side, Touch R next to L,
***(Restarts happen here on Walls 1 and 4.)**

KICK & POINT, KICK & POINT, CROSS, ½ UNWIND, DOUBLE BUMP LRL,

1&2 Kick R fwd, Step R in place, Point L out to left side,
3&4 Kick L fwd, Step L in place, Point R out to right side,
5-6 Touch R across L, Unwind ½ turning left, weight ends on R,
7&8 Double bump to the left, (weight on L),

BIG STEP BACK, DRAG L, L COASTER STEP, WEAVE LEFT,

1-2 Take a big step back on R, Dragging L,
3&4 L Coaster step,
5-8 Step R across L, Step L to left side, Step R behind L, Step L to left side,

Start over!

****TAG - 16 COUNTS (8 COUNTS REPEATED TWICE) is done after walls 2, 6, 8 (on wall 8 tag is done twice)**

SIDE, TOUCH, SIDE, TOUCH, ¼ JAZZ BOX,

1-2 Step R to right side - swing R arm "muscle pose", Touch L next to R,
3-4 Step L to left side - swing L arm "muscle pose", Touch R next to L,
5-8 ¼ Jazz Box, (drop arms on count 8),

SIDE, TOUCH, SIDE, TOUCH, ¼ JAZZ BOX,

1-8 (Repeat above steps again).

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Last Update - 30 July 2021