

How You Leave A Man

拍数: 32 墙数: 4 级数: Improver
编舞者: The Highlander (UK) - December 2023
音乐: How You Leave A Man - Paloma Faith



Start on Vocals Approx 8 seconds.

Sec 1 Step Forward Touch, & Heel & Step, Forward Rock, Shuffle ½ Turn.

1-2 Step R forward, Touch L behind R,
&3&4 Step L back, Touch R heel forward, Step R next to L, Step L forward,
5-6 Rock forward onto R, Recover onto L,
7&8 Turn ¼ right stepping R to right side, Step L next to R, turn ¼ right stepping R forward.

Sec 2 Step Turn, Shuffle Forward, Side Touch, Side Touch, & Cross Shuffle.

1-2 Step L forward, Pivot ½ turn right stepping onto R,
3&4 Step L forward, Step R next to L, Step L forward,
&5&6 Step R to right side, Touch L next to R, Step L to left side, Touch R next to L,
&7&8 Step R to right side, Cross L over R, Step R to right side, Cross L over R.

Sec 3 Side Rock, Behind Side Cross, Side Rock, Behind Side Cross.

1-2 Rock R to right side, Recover onto L,
3&4 Step R behind L, Step L to left side, Cross R over L,
5-6 Rock L to left side, Recover onto R,
7&8 Step L behind R, Step R to right side, Cross L over R.

Sec 4 Forward Rock, Coaster Step, Forward Rock, Triple ¾ Turn Left.

1-2 Rock forward onto R, Recover onto L,
3&4 Step R back, Step L next to R, Step R forward,
5-6 Rock forward onto L, Recover onto R,
7&8 Turn ¾ left stepping L,R,L on the spot. (03.00)

Tag At end of wall 4 facing 12.00

Step Turn, Step Turn, (or Rocking Chair)

1-2 Step R forward, Pivot ½ turn left stepping onto L,
3-4 Step R forward, Pivot ½ turn left stepping onto L.

Please feel free to put your own styling/improvisation to the these basic steps.

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Last Update: 10 Jan 2024