

Man Down!

拍数: 32 墙数: 4 级数: Improver
编舞者: Hiroki Oishi (CAN) - July 2024
音乐: Man Down - Kelsey Hart



Dance starts after intro of 16 counts

***3 tags 2 restarts

*Optional Style when Kelsey says "Man Down" to Drop to R Knee while scuffing R hand on R knee at the chorus and at the tags

Section 1: Slide L forward, Drop, 1/2 Chasse Turn, Wizard x 2

1, 2 Slide L Forward, Drop Hip*,
3, &, 4 Step R forward, 1/2 Pivot turn to L, Step R Forward
5, & 6 Step L diagonal forward, Step R behind L, Step L forward
7, &, 8 Step R diagonal forward, Step L behind R, Step R forward

Section 2: L Point x 2, Behind-Side-Cross to R, R Point x 2, Cross Shuffle to L with 1/4 turn

1, 2 Point L toe to L, Point L toe to L
3, &, 4 Step L crossing behind R, Step R next to L, Step L crossing over R
5, 6 Point R toe to R, Point R toe to R
7, &, 8 Step R crossing over L, Step L next to R, Step R crossing over L turning 1/4 to L

Section 3: L Slide, Drop, Walk Back, L Coaster, 1/2 Pivot x 2

1, 2 Slide L forward, Drop hip
3 4, Step L Backward, Step R Backward
5, &, 6 Step L Backward, Step R next to L, Step L Forward
7, &, 8 Step R forward, 1/2 Pivot Turn to L, Step R forward, 1/2 Pivot Turn to L

Section 4: R Scissor, L Scissor, R toe point x 2, R Coaster

1, &, 2 Step R to R, Step L next to R, Step R crossing over L
3, &, 4 Step L to L, Step R next to L, Step L crossing over R
5, 6 Point R Toe to R turning 1/4 to L, Point R Toe to R turning 1/4 to L,
7, &, 8 Step R Behind, Step L next to R, Step R forward

#16 counts tag

Section 1: Slide Drop with 1/2 turn x 2

1, 2 Slide L Forward, Drop Hip*,
3, &, 4 Step R forward, 1/2 Pivot turn to L, Step R Forward
5, 6 Slide L Forward, Drop Hip*,
7, &, 8 Step R forward, 1/2 Pivot turn to L, Step R Forward

Section 2: Slide Drop with 1/2 turn, L rocking chair

1, 2 Slide L Forward, Drop Hip*,
3, &, 4 Step R forward, 1/2 Pivot turn to L, Step R Forward
5, 6 Step L forward rocking on L, Recover on R
7, &, 8 Step L backward rocking on L, Recover on R

*Restart at

*3rd Wall after 8 counts

*4th Wall after 16 counts

*Tag after

*5th Wall
*6th Wall after 16 counts
*7th Wall
