

Half a Man

拍数: 48 墙数: 2 级数: Phrased Intermediate
编舞者: Dylan VIGUERARD (FR) & Mike Liadouze (FR) - January 2025
音乐: Half A Man - Calum Scott



Introduction: 4 counts Sequence: AABCC' tag ABCC'CC'

PART A (16 counts):

1-8 3x STEP w/SWEEP, COASTER FWD, 3x BACK w/SWEEP, BEHIND SIDE CROSS
1-2-3 Step RF forward sweeping LF forward, Step LF forward sweeping RF forward, Step RF forward sweeping LF forward
4&a Step LF forward, Step RF together, Step LF back
5-6-7 Step RF back sweeping LF back, Step LF back sweeping RF back, Step RF back sweeping LF back
8&a Cross LF behind RF, Step RF side, Cross LF over RF

[9-16] 3x SWAY, BEHIND SIDE CROSS, SWAY, ½ SWAY, SWAY

1-2-3 Step RF side swaying R, Recover on LF side swaying L, Recover on RF side swaying R
4&a Cross LF behind RF, Step RF side, Cross LF over RF
5-6 Step RF side swaying R, ¼ turn L... Step LF forward (9:00)
7-8 ¼ turn L... Step RF side swaying R, Recover on LF side swaying L (6:00)

PART B (16 counts):

[1-8] CROSS SAMBA, SHUFFLE FWD, ½, SHUFFLE BACK, ROCK BACK, FULL TURN, STEP, FULL TURN PRESS, SWIVEL, TOGETHER

&a1 Cross RF over LF, Rock LF side, Recover on RF side
&a2 Step LF forward, Step RF together, Step LF forward
& ½ turn L... Step RF back (6:00)
3e& Step LF back, Step RF together, Step LF back
4& Rock RF back, Recover on LF forward
5&6& ½ turn L... Step RF back, ½ turn L... Step LF forward, Step RF forward, ½ turn R... Step LF back (12:00)
7-8&a ½ turn R... Press R toe forward, Swivel R heel out, Swivel R heel center, Step RF together (6:00)

[9-16] ROCK FWD & ROCK FWD & STEP, ½ PREP, SPIRAL FULL TURN, 3x RUN

1-2& Rock LF forward, Recover on RF back, Step LF together
3-4& Rock RF forward, Recover on LF back, Step RF together
5-6 Step LF forward, ½ turn R... Stay weight on LF back (12:00)
7-8&a Step RF forward with spiral full turn L..., Step LF forward, Step RF forward, Step LF forward (12:00)

Option 8&a: Step LF forward, ½ turn L... Step RF back, ½ turn L... Step LF forward

PART C (16 counts):

[1-8] :2x STEP w/SWEEP, 2x TWINKLE, ½, 2x BACK w/SWEEP, WEAVE ¼, STEP ½ TURN

1-2 Step RF forward sweeping LF forward, Step LF forward sweeping RF forward
3&a Cross RF over LF, Rock LF side, Recover on RF side
4&a Cross LF over RF, Rock RF side, Recover on LF side
5-6 ½ turn L... Step RF back sweeping LF back, Step LF back sweeping RF back (6:00)
7&a Cross RF behind LF, Step LF side, Cross RF over LF
8&a ¼ turn L... Step LF forward, Step RF forward, ½ turn L... Step LF forward (9:00)

[9-16] 2x STEP w/SWEEP, TWINKLE ¼, TWINKLE ½, ROCKING CHAIR

1-2 Step RF forward sweeping LF forward, Step LF forward sweeping RF forward
3&a Cross RF over LF, ¼ turn R... Rock LF side, Recover on RF side (12:00)
4&a Cross LF over RF, ¼ turn L... Step RF back, ¼ turn L... Step LF side (6:00)
5-6 Rock RF forward, Recover on LF back
7-8 Rock RF back, Recover on LF forward

PART C' (16 counts): Identical to PART C except last 4 counts

[13-16] ROCK FWD, SWEEP, 2x SAILOR STEP

5-6 Rock RF forward, Recover on LF back sweeping RF back
7&a Cross RF behind LF, Step LF side, Step RF side
8&a Cross LF behind RF, Step RF side, Step LF side

TAG (8 counts):

[1-8] 2x STEP w/SWEEP, ½ DIAMOND SHAPE FALLAWAY, SWEEP, TOGETHER w/KNEE POP

1-2 Step RF forward sweeping LF forward, Step LF forward sweeping RF forward
3&4& Cross RF over LF, ⅛ turn R... Step LF back, Step RF back, Step LF back (1:30)
5&6 ⅛ turn R... Step RF side, ⅛ turn R... Step LF forward, Step RF forward starting sweep LF forward ⅛ turn R... (6:00)
7-8 Continue sweep pointing L toe forward, Step LF together popping R knee
