

Man in Motion

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Esther Axon (UK) - February 2025
音乐: St. Elmo's Fire - John Parr



#32 count intro

SECTION 1: SYNCOPATED WEAVE, SIDE ROCK RECOVER, BALL STEP, CROSS SHUFFLE

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

SECTION 2: SIDE, DRAG & SIDE, TOUCH, 1 ¼ ROLLING VINE

1-2 Step L to left side, drag R to L.
&3-4 Step R next to L. Step L to left side. Touch R next to L.
5-6 Turn ¼ right stepping R forward. Turn ½ right stepping L back.
7-8 Turn ½ right stepping R forward. Step L beside R. (3:00) (Non-turning alternative: grapevine R with a ¼ turn right)

SECTION 3: FORWARD ROCK RECOVER, FULL TURN BACK, COASTER STEP, KICK BALL STEP

1-2 Rock R forward, recover on L.
3-4 Turn ½ right, stepping back on R. Turn ½ right stepping back on L. (3:00) (Non-turning alternative: walk back R, L)
5&6 Step R back. Close L beside R. Step R forward.
7&8 Kick L forward. Step R beside L. Step R forward.

***On Wall 7, replace counts 7&8 of section 3 with L ball step, walk forward R, L, with count (&7-8). Then restart the dance.**

SECTION 4: ¼ TURN, CROSS SHUFFLE, 2 x ¼ TURNS, ½ TURN INTO SIDE CHASSE TRAVELLING RIGHT (effectively a full turn over 4 counts, 5 6 7&8)

1-2 Step L forward. Turn ¼ right, stepping R to right side. (6:00)
3&4 Cross L over R. Step R to right side. Cross L over R.
5-6 Turn ¼ left, stepping R back. Turn ¼ left, stepping L to left side.
7&8 Turn ½ left stepping R to right side. Close L to R. Step R to right side. (6:00)

SECTION 5: SAILOR STEP, SAILOR ¼ TURN, ROCK ¼ TURN, CROSS & HEEL

1&2 Step L behind R, step R to right side, step L to left side.
3&4 Step R behind L, turn ¼ R stepping L to left side, step R to right side. (9:00)
5-6 Turn ¼ right rocking L to left side. Recover on R. (12:00)
7&8 Cross L over R. Step R next to L. Dig L heel to left diagonal.

SECTION 6: BALL STEP, WALK, WALK, FORWARD SHUFFLE, ¼ TURN, DRAG, KICK BALL CROSS

&1-2 Step L beside R. Walk forward R, L.
3&4 Step R forward. Close L next to R. Step L forward.
5-6 Turn ¼ right, stepping L to left side. Drag R next to L. (3:00)
7&8 Kick R forward, step R next to L, cross L over R.

RESTARTS

Wall 7 after 22 counts, replace counts 23&24 with: &7-8 L ball step, walk forward R, L. Then restart the dance.

