

Like A Man!

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Heather Gargiulo (NZ)
音乐: Leave Like a Man - Tania Kernaghan



ROCKING CHAIR, STEP $\frac{3}{4}$ TURN, STEP, FORWARD SHUFFLE

1-2 Rock forward right, recover back onto left
3-4 Rock back right, recover forward onto left
5-6 Step forward right then turn $\frac{3}{4}$ left on ball of right, step forward left
7&8 Shuffle forward right left right

STEP $\frac{3}{4}$ TURN, STEP, WALK WALK, STEP $\frac{1}{2}$ TURN, FORWARD SHUFFLE

9-10 Step forward left then turn $\frac{3}{4}$ right on ball of left, step forward right
11-12 Walk forward left, walk forward right
13-14 Step forward left, $\frac{1}{2}$ turn right onto right
15&16 Shuffle forward left right left

SIDE HOLD, CROSS SHUFFLE, SIDE HOLD, CROSS SHUFFLE

1-2 Step right to right side, hold
3&4 Step left across right, step right to right side, step left across right
5-6 Step right to right side, hold
7&8 Step left across right, step right to right side, step left across right

SIDE ROCK, CROSS SIDE, $\frac{1}{4}$ TURN ROCK, STEP BACK, $\frac{1}{2}$ TURN STEP, $\frac{1}{4}$ TURN

1-2 Rock right to right side, recover onto left in place
3-4 Step right across left, rock left to left side
5-6 Turn $\frac{1}{4}$ right then rock forward onto right in place, step back onto left in place
7 Turn $\frac{1}{2}$ right then step forward right
8 Turn a further $\frac{1}{4}$ right on ball of right

SIDE ROCK, FORWARD SHUFFLE, SIDE ROCK, FORWARD SHUFFLE

1-2 Rock step left to left side, recover onto right in place
3&4 Shuffle forward left right left
5-6 Rock right to right side, recover onto left in place
7&8 Shuffle forward right left right

STEP $\frac{1}{2}$ TURN, LOCK SHUFFLE, SIDE ROCK $\frac{1}{2}$ HINGE, SIDE ROCK, CLOSE

1-2 Step forward left, $\frac{1}{2}$ turn right onto right
3&4 Step forward left, lock right behind left, step forward left
5-6 Rock right to right side, recover onto left in place and $\frac{1}{2}$ hinge right on ball of left
7-8& Rock right to right side, recover onto left in place, step right beside left

SIDE ROCK $\frac{1}{2}$ HINGE, SIDE ROCK, SAILOR, SAILOR

1-2 Rock left to left side, recover onto right in place and $\frac{1}{2}$ hinge left on ball of right
3-4 Rock left to left side, recover on to right in place

The next counts, 5-8, are moving backwards

5&6 Cross left back and behind right, rock right to right side, recover onto left in place
7&8 Cross right back and behind left, rock left to left side, recover onto right in place

BACK BACK, BACK COASTER, WALK WALK, STEP $\frac{1}{2}$ TURN

1-2 Step back left, step back right

3&4 Step back left, step right beside left, step forward left
5-6 Walk forward right, walk forward left
7-8 Step forward right, ½ turn left onto left

REPEAT

TAG

On walls 2, 4, 5, and 6, miss out the first 16 counts and dance only counts 17-64

ENDING

Replace the last ½ turn of the dance with a full turn left to bring you back to the front, and step right out to right side
