

# Man Of Constant Sorrow

COPPER KNOB  
STEPPERS

拍数: 136      墙数: 2      级数: Improver line/contra dance  
编舞者: Jackie Fritts (USA) & Paula Hise (USA)  
音乐: I Am a Man of Constant Sorrow - The Soggy Bottom Boys



- 1-4            Two heel splits  
5-8            Knee splits
- 1-4            Right heel forward, right heel hook, right heel forward, right step  
5-8            Left heel forward, left heel hook, left heel forward, left step
- 1-8            Right jazz box, two knee splits  
1-8            Right jazz box, two knee splits
- 1-8            Two right Charlestons (attitude: lean back with forward steps)  
1-4            Right vine with  $\frac{1}{4}$  turn right  
5-8            Knee splits
- 1-4            Left heel forward, left heel hook, left heel forward, left step  
5-8            Right heel forward, right heel hook, right heel forward, right step  
1-8            Left jazz box, two knee splits  
1-8            Left jazz box, two knee splits
- 1-8            Two left Charlestons (attitude: lean back with forward steps)  
1-4            Vine left with  $\frac{1}{4}$  turn left  
5-8            Knee splits
- Lean back on forward steps using attitudes, hands on hips, elbows extended for following 32 counts**
- 1-4            Right step, left forward, left back, left step  
5-8            Right jazz box with  $\frac{1}{4}$  turn right
- 1-4            Right step, left forward, left back, left step  
5-8            Right jazz box with  $\frac{1}{4}$  turn right
- 1-4            Right step, left forward, left back, left step  
5-8            Right jazz box with  $\frac{1}{4}$  turn right
- 1-4            Right step, left forward, left back, left step  
5-8            Right jazz box with  $\frac{1}{4}$  turn right (back to original position)
- 1-4            Step right, slide left, step right, touch left  
5-8            Step left, slide right, step left, slide right  
1-4            Two knee splits  
5-8            Step right forward, (small steps) turn  $\frac{1}{4}$  left, step right forward, turn  $\frac{1}{4}$  left

**REPEAT**

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