

# Man Of Me

拍数: 32      墙数: 4      级数: Improver  
编舞者: Maureen Jones (UK) & Michelle Jones (UK)  
音乐: Man of Me - Gary Allan



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## ROCK, SYNCOPATED EXTENDED VINE, HOLD, STEP, ROCK

1-2            Rock right across left, rock back onto left  
3&4&        Step right to right, step left across right, step right to right, step left behind right  
5-6            Step right slightly larger step to right, hold  
&7-8         Step left beside right, rock right to right side, recover weight left onto left

## SAILOR STEPS, TOUCH, UNWIND ½ TURN, COASTER

9&10         Step right behind left, step left to left, step right to right  
11&12        Step left behind right, step right to right, step left to left  
13-14        Touch right behind left, unwind ½ turn right (weight now on right)  
15&16        Step left back, step right beside left, step left forward

## SIDE KICKS, SYNCOPATED SIDE STEPS, KICK, SAILOR, SAILOR-CROSS

17-18        Kick right to right side twice  
&19-20      Step right to right, step left beside right, kick right to right side  
21&22        Step right behind left, step left to left, step right to right  
23&24        Step left behind right, step right to right, step left across right

## HEEL GRIND ¼ TURN, BACK SHUFFLE, ½ TURN, SHUFFLE, PRISSY STEPS

25-26        Grind right heel to right side making ¼ turn right, step back on left  
27&28        Shuffle back on right, left, right  
29&30        Make ½ turn left and then shuffle forward on left, right, left  
31-32        Step right across left angling body slightly to left, step left across right angling body slightly to right (with attitude)

## REPEAT

## TAG

Insert the following 2 counts immediately after count 16 of the 6th wall (following the words "It ain't just about me any more")

1-2            KICK RIGHT TO RIGHT SIDE, TOUCH RIGHT BESIDE LEFT

Then continue dance from count 17 onward

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