

Man Of Me

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Doug Westerlund (USA)
音乐: Man of Me - Gary Allan



ROCK, ROCK, SHUFFLE ½ TURN RIGHT, STEP PIVOT ½ TURN RIGHT, SHUFFLE

1-2 Rock forward on right, recover on left
3&4 Shuffling ½ turn right (right, left, right)
5-6 Step pivot ½ turn right (left, right)
7&8 Shuffle forward (left, right, left)

CHASSE RIGHT, ROCK, ROCK, CHASSE LEFT, ROCK, ROCK

1&2 Step right to right, step left next to right, step right to right
3-4 Rock back on left foot, rock forward on right foot
5&6 Step left to left, step right next to left, step left to left
7-8 Rock back on right foot, rock forward on left foot

FOUR ¼ TURNS TO LEFT WITH CLAPS

1-2 Step right foot forward, pivot on right foot ¼ turn left shifting weight back to left foot and clapping hands
3-4 Repeat 1-2
5-6 Repeat 1-2
7-8 Repeat 1-2

CROSS ROCK, TRIPLE STEP, CROSS ROCK, TRIPLE STEP ¼ TURN LEFT

1-2 Cross step right foot over in front of left foot, recover on left
3&4 Triple step in place (right, left, right)
5-6 Cross step left foot over in front of right foot, recover on right
7&8 Triple step with ¼ turn left in place (left, right, left)

REPEAT
