

Manly Moves

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Man to Man - Gary Allan



These first 8 steps move forward

- 1&2 Step right behind left, step left to left, step right to right diagonal
3&4 Step left behind right, step right to right, step left to left diagonal
5&6 Step right behind left, step left to left, step right to right diagonal
7&8 Step left behind right, step right to right, rock/step forward on left
- 9-10-11-12 Walk back right, left, right, left - keep weight on left and right foot forward
13-14&15-16 Bump right heel twice, make $\frac{1}{4}$ left taking weight on right, bump left heel twice taking weight
- 17&18 Cross/rock right over left, rock/return weight to left, step right to right
19-20 Cross/rock left over right, rock/return weight to right
21&22& Making $\frac{1}{4}$ turn left shuffle forward left, right, left, making $\frac{1}{2}$ left step back on right
23-24 Touch left behind right, unwind $\frac{1}{2}$ left transferring weight to left
- 25-26-27&28 Rock/step forward on right, rock back on left, step back on right, step left beside right, step forward on right
29-30-31&32 Rock/step forward on left, rock back on right, step back on left, step right beside left, step left over right
- 33-34 Rock/step right to right, making $\frac{1}{4}$ left step forward on left
35-36 Making $\frac{1}{4}$ right step right to right, step left behind right
37&38 Making $\frac{1}{4}$ right shuffle forward right, left, right
39-40 Step forward on left, pivot $\frac{3}{4}$ right transferring weight to right
- 41-42-43&44 Step left to left, step right behind left, making $\frac{1}{4}$ left shuffle forward left, right, left
45-46 Step forward on right, pivot $\frac{1}{4}$ left transferring weight to left
47&48 Step right behind left, step left to left, step forward on right
- 49-50-51-52&53 Rock/step forward on left, rock back on right, making $\frac{1}{4}$ left step left to left, cross shuffle right, left, right
54-55&56 Making $\frac{1}{4}$ right step back on left, making $\frac{1}{2}$ right shuffle forward right, left, right
- 57-58-59&60 Step forward on left, pivot $\frac{1}{2}$ right (weight right), step forward on left, step right beside left, step back on left
61-62-63-64 Rock/step back on right, rock forward on left, walk forward right, left

REPEAT

TAG

Add the following at the end of walls 1 and 3

- 1-2 Step forward on right making $\frac{1}{4}$ left, rock/return weight to left
3&4 Step right behind left, step left to left, step right across left
5-6 Making $\frac{1}{4}$ left step forward on left, rock back on right
7&8 Step back on left, step right beside left, step forward on left (backward coaster)
9-16 Repeat previous 8 steps

Start dance again from beginning

