

# One Man

拍数: 32      墙数: 4      级数: Improver  
编舞者: Chris Peel (UK)  
音乐: One Man Woman Again - Heather Myles



## FORWARD, FORWARD, COASTER FORWARD. BACK, BACK, COASTER BACK

1-2            Step right forward, step left forward  
3&4           Step right forward - step left beside right, step right back  
5-6           Step left back, step right back  
7&8           Step left back - step right beside left, step left forward

## ¼ TURN RIGHT, ½ TURN LEFT, SHUFFLE FORWARD. SIDE, TOGETHER, CHASSÉ LEFT

9-10           Lift heels and twist ¼ turn right, twist ½ turn left  
11&12        Step right forward - step left beside right, step left forward  
13-14        Side step left, step right beside left  
15&16        Side step left - step right beside left, side step left

## RIGHT JAZZ BOX, ¼ TURN RIGHT (TWICE)

17-20        Step right across left, step left back, step ¼ turn right, step left beside right  
21-24        Step right across left, step left back, step ¼ turn right, step left beside right

## FULL TURN RIGHT (VINE RIGHT ¼ TURN, PIVOT ½ TURN, PIVOT ¼ TURN, STEP TOGETHER)

25-26        Side step right, step left behind right  
27-28        Step ¼ turn right, step left forward into pivot ½ turn right  
29-30        Step weight forward onto right, step left forward  
31-32        Step ¼ turn right, step left beside right

## REPEAT

## TAG

Following wall 2 (facing back at this point), wall 4 (home), wall 5 (right of home), and wall 7 (left of home) add:  
**SWIVET RIGHT, SWIVET LEFT**

33-34        (Weight on right heel & left toe) swivel right toe to the right while left heel swivels left, swivel back to place  
35-36        (Weight on left heel & right toe) swivel left toe to the left while right heel swivels right, swivel back to place

## OPTIONAL ENDING

Track ends 17 beats into wall 8. Dance 1-14 as scripted, then

## FORWARD, PIVOT ½ TURN RIGHT, STOMP FORWARD

15-16        Step left forward into pivot ½ turn right, step weight forward onto right  
17            Stomp left forward and hold