

# One Man Band

拍数: 34      墙数: 4      级数: Improver  
编舞者: Adrian Churm (UK)  
音乐: One Man Band - Dane Stevens



---

## HEEL SPLITS, HEEL TOUCHES, FOOT SLAP

- 1-2      Feet together swing both heels out then back in
- 3-4      Touch right heel forward close right foot to left foot
- 5-6      Repeat 3 - 4 on the opposite foot
- 7-8      Touch right heel forward lift right foot back and slightly to the side, and slap right foot with the right hand

## FOOT AND SHIN SLAP, GRAPEVINE TO THE RIGHT AND LEFT WITH HITCH

- 9-12      Make a  $\frac{1}{4}$  turn to the left over the next 4 counts touch right heel forward, raise right leg and slap inside of shin with the left hand. Touch right heel forward, lift right foot back and slightly to the side and slap right foot with the right hand (completing the  $\frac{1}{4}$  turn)
- 13-16      Step right foot to the side (brushing hands back past hips) step left foot behind right foot (brushing hands forward past hips) step right foot to the side (clap hands together) hitch left knee up (clicking fingers)
- 17-20      Repeat on opposite feet moving to the left

## KNEE SLAPS, FOOT SLAPS, STOMPS AND CLAPS

- 21-24      Right foot steps back, raise left knee and slap with left hand repeat on the opposite foot
- 25-30      Right foot steps forward left foot flicks up behind right and step left foot with right hand repeat on opposite foot
- 31-34      Stomp right foot then left foot and clap hands twice

## REPEAT

---