

Just A Man

拍数: 64 墙数: 4 级数: Improver
编舞者: Michael Vera-Lobos (AUS)
音乐: I'll Be the One - Phil Vassar



FULL TURN FORWARD, SIDE ROCK CROSS, SIDE SHUFFLE, SAILOR

- 1-2-3&4 Traveling forward - turn $\frac{1}{2}$ left stepping onto right, turn $\frac{1}{2}$ left stepping back on left, rock right to right & replace weight on left, cross step right over left
5&6-7&8 Side shuffle left stepping left, right, left, cross step right behind left & rock left to left, rock weight center on right (sailor)

CROSS BEHIND, $\frac{1}{4}$ STEP, FULL TRIPLE FORWARD, ROCK FORWARD, ROCK BACK, COASTER CROSS

- 1-2-3&4 Cross step left behind right, turn $\frac{1}{4}$ right on right, traveling forward turn a full triple over right stepping left, right, left (3:00)
5-6-7&8 Rock forward right, rock back on left, step back on right & step left beside right, cross step right over left (coaster cross)

SIDE ROCK, REPLACE, HINGE SIDE SHUFFLE, SIDE ROCK, REPLACE, HINGE SIDE SHUFFLE

- 1-2-3&4 Rock left to left, rock weight center on right, turning $\frac{1}{2}$ left side shuffle left, right, left (9:00)
5-6-7&8 Rock right to right, rock weight center on left, turning $\frac{1}{2}$ right side shuffle right, left, right (3:00)

ROCK FORWARD, ROCK BACK, $\frac{1}{2}$ SHUFFLE, $\frac{1}{2}$ SHUFFLE, $\frac{1}{2}$ STEP, DRAG BESIDE

- 1-2-3&4 Rock forward left, rock back on right, turning $\frac{1}{2}$ left shuffle left, right, left
5&6-7-8 Turning $\frac{1}{2}$ left shuffle right, left, right, turning $\frac{1}{2}$ left step onto left, drag right towards left (end weight on left facing 9:00)

SIDE, STEP BEHIND & HEEL & TAP & HEEL & CROSS, STEP SIDE, $\frac{1}{2}$ HINGE

- 1-2&3&4 Traveling right - step right to right, cross left behind right, stepping right to right touch left heel forward, stepping onto left tap right toe behind left
&5&6-7-8 Stepping onto right touch left heel forward, stepping onto left cross right over left, step left to left side, turning $\frac{1}{2}$ right step right to right (end weight right facing 3:00)

CROSS BALL JACK & TAP & HEEL & CROSS, STEP SIDE, HINGE SIDE SHUFFLE

- 1&2&3&4 Cross left over right, stepping right to right touch left heel forward, stepping onto left tap right toe behind left, stepping onto right touch left heel forward
&5-6-7&8 Stepping onto left cross right over left, step left to left side, turning $\frac{1}{2}$ right side shuffle right (end facing 9:00)

CROSS SAMBA STEP, CROSS SAMBA $\frac{1}{4}$ RIGHT, CROSS SAMBA, CROSS SAMBA $\frac{1}{4}$ RIGHT

- 1&2-3&4 Cross left over right & rock right to right, rock center left, cross right over left & turning $\frac{1}{4}$ right step back left, step right to right (12:00)
5&6-7&8 Cross left over right & rock right to right, rock center left, cross right over left & turning $\frac{1}{4}$ right step back left, step right to right (3:00)

STEP FORWARD, $\frac{1}{2}$ PIVOT, ROCK FORWARD/BACK & ROCK BACK, ROCK FORWARD, STEP FORWARD, $\frac{1}{2}$ PIVOT

- 1-2-3-4 Step forward left, pivot $\frac{1}{2}$ right, rock forward left, rock back on right (9:00 weight on right)
&5-6-7-8 Stepping left beside right, rock back on right, rock forward on left, step forward on right, pivot $\frac{1}{2}$ left (3:00 weight left)

REPEAT

