

Men Don't Dance

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Nadia Friel (AUS) - March 2008
音乐: Men Don't Dance - Beccy Cole : (CD: Live @ Lizottes)



Begin on vocals

(1 – 8) CROSS, HOLD, BACK, HOLD, BACK, CROSS, SIDE, HOLD

1,2,3,4 Step R across in front of L, hold, step L back, hold
5,6,7,8 Step R back, step L across R, step R to side, hold

(9 – 16) BEHIND, SIDE, CROSS, HOLD, SIDE STEP AND PUSH HIPS R,L,R,L

1,2,3,4 Step L behind R, step R to side, step L across R, hold
5,6,7,8 Step R to side and push hips RLRL

(17 – 24) COASTER, HOLD, FORWARD, 1/2 TURN R, FORWARD, HOLD

1,2,3,4 Step R back, step L together, step R forward, hold
5,6,7,8 Step L forward, pivot 1/2 R, step L forward, hold

(25 – 32) SIDE, TWIST HEELS, TOES, HEELS, HITCH L, BEHIND, SIDE, ACROSS, HOLD

1,2,3,4 Step R slightly to side and twist heels R, twist toes R, twist heels R, hitch L leg slightly
5,6,7,8 Step L behind R, step R to side, step L across R, hold ****

(33 – 40) SIDE, REPLACE, ACROSS, HOLD, SIDE, REPLACE, ACROSS, HOLD

1,2,3,4 Step R to side, replace weight to L, step R across L, hold
5,6,7,8 Step L to L side, replace weight to R, step L across R, hold

(41 – 48) HEEL STRUT, HEEL STRUT, POP KNEES X 4

1,2,3,4 Step forward on R heel, drop R toe, step L forward on L heel, drop L toe
5,6 Step R to side and pop L knee in, straighten L knee as you pop R knee in,
7,8 Straighten R knee as you pop L knee in, straighten L knee as you pop R knee in,

(49 – 56) HEEL STRUT, HEEL STRUT, ROCKING CHAIR

1,2,3,4 Step forward on R heel, drop R toe, step L forward on L heel, drop L toe
5,6,7,8 Step R forward, rock weight back on L, step R back, rock weight forward on L

(57 – 64) CHARLSTON STEP

1,2,3,4 Sweep R fwd and touch to front, hold, sweep R back and step behind, hold
5,6,7,8 Sweep L back and touch toe behind, hold, sweep L forward and step in front, hold

(65 - 72) SIDE, REPLACE, BEHIND, SIDE, SIDE, BEHIND SIDE, SIDE

1,2,3,4 Step R to side, replace weight to L, step R behind L, step L to side
5,6,7,8 Step R to side, step L behind R, step R to side, step L to side

REPEAT

TAG 1: Wall 3 (facing the back) - OMIT counts 32 -56 and do what Beccy sings as follows:

1,2 Step R to side and Clap hands twice,
3,4 Sway hips R, L,
5,6 Cross R over L, unwind ½ L
7,8 Cross L behind R, unwind ½ L

continue with counts 57 to 72.

RESTART: On wall 4 restart after count 32 ** (facing the front)**

TAG 2: Wall 6 (facing the front) omit counts 33 to 56 and do what Beccy sings as follows:

1,2 Put R hand on R hip and Step R to side, hold,

3,4 Put L hand on L hip and Step L to side, hold

5,6 Move hips forward and back

7,8 Shake your head

continue with counts 57 to 72 and repeat these counts again before continuing with wall 7 (ending).

ENDING: Wall 7 dance up to count 8 - on very last beat touch L toe behind R and put both arms out to side with palms up.
