# The Perfect Man

拍数: 32

级数: Intermediate

编舞者: Michele Perron (CAN) - December 2008

音乐: Hate 2 Love Her - Blake Lewis : (CD: Audio Day Dream)

Introduction: 56 Counts, begin on lyrics "But I'm falling...." [you are not beginning on first vocals] Beatboxing at the end of track.

## Sec 1 (1-8) Across, Side, R Sailor, &-Touch, Twist In, Twist Out/Turn, Kick

- 1,2 RIGHT Step across front of L; LEFT Step side L
- 3&4 RIGHT Sailor Triple [Right Step crossed behind L, Left Step side L, Right Recover/Step side R (in place)]
- &56 LEFT Step beside R; RIGHT Touch side R; Twist RIGHT Knee 'in' (CCW)
- 7,8 Twist RIGHT Knee 'out' (CW) with 1/4 Turn R; RIGHT Kick forward (3 o'clock)

## Sec 2 (9-16) Coaster Back, Touch/Hip-Forward (3x)

- 1&2 RIGHT Step back, LEFT Step beside R, RIGHT Step forward
- 3,4 LEFT Touch forward with L hip bump; LEFT Step forward
- 5,6 RIGHT Touch forward with R hip bump; RIGHT Step forward
- 7,8 LEFT Touch forward with L hip bump; LEFT Step forward

## Sec 3 (17-24) Coaster Forward, Turn, Turn, L Triple Forward, R Triple Forward

- 1&2 RIGHT Step forward, LEFT Step beside R, RIGHT Step back
- 3,4 LEFT Step back and crossed behind R with 1/4 Turn R; RIGHT Step forward with 1/4 Turn R (9 o'clock)
- 5&6 LEFT 'Locking' Triple forward (L forward, R forward & crossed behind L, L forward
- 7&8 RIGHT 'Locking' Triple forward (R forward, L forward & crossed behind R, R forward)

#### Sec 4 (25-32) Across, Back, &-Turn/Together/Twist, Forward/Rock, Recover/Back, &-Turn-Hitch

- 1,2 LEFT Step across front of R; RIGHT Step back with 1/4 Turn L
- &34 LEFT Step forward with 1/4 Turn L; RIGHT 'Step' beside L (no weight on R); Twist Heels to R with 1/4 Turn L (12 o'clock)
- 5,6 RIGHT Rock/Step forward; LEFT Recover/Step back (in place)
- &78 RIGHT Step forward with 1/2 Turn R; LEFT Step side L with 1/4 Turn R; RIGHT Knee hitch (low) across front of L (9 o'clock)

#### **Begin Again**

One Restart: AFTER three rotations, execute first two sections, Counts 1-16, when he is singing "Oh,oh,oh..."; restart facing six o'clock wall.

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**墙数:**4