

Man Woman

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Dave Munro (UK) - December 2009
音乐: Man Woman - Joe Nichols : (Album: Old Things New)



Intro 32 Counts.

Side/Together/Side, Brush/Cross, Brush/Side/Touch.

- 1-3 Step Right to right side, Close Left beside Right, Step Right to right side.
- 4-5 Brush Left towards Right, Step Left across Right.
- 6-8 Brush Right to right side, Step Right to right side, Touch Left beside Right.

Side/Cross/Side/Hold, Rock back/Recover, Step forward/Hold.

- 1-4 Step Left to left side, Step Right across Left, Long step Left to left side, Hold.
- 5-6 Rock back on Right, Recover forward on Left to place.

***Tag and Restart dance at this point on wall Three.**

- 7-8 Step forward Right, Hold.

Step Half Pivot, Half Turn/Hold, Step behind/Hold x 2.

- 1-2 Step Forward Left, Pivot half turn right. (6:00)
- 3-4 Half turn right stepping back on Left, Hold. (12:00)
- 5-6 Step Right behind Left, Hold.
- 7-8 Step Left behind Right, Hold.

Sailor step, Behind, Quarter turn, Brush/Step, Half turn/Hook.

- 1-3 Step Right behind Left, Step Left to left, Step Right to right.
- 4-5 Step Left behind Right, Quarter turn right step Right forward. (3:00)
- 6-7 Brush Left forward, Step forward on Left.
- 8 With weight on Left Half turn right hook Right in front of Left. (9:00)

Forward/Together/Forward, Brush/Half turn, Tap/Half turn, Hitch.

- 1-3 Step Right forward, Close Left beside Right, Step Right forward.
- 4-5 Brush Left forward, Half turn right step back on Left. (3:00)
- 6-7 Tap Right to right side, Half turn right step forward on Right. (9:00)
- 8 Hitch Left knee.

Back/Together/Back, Hold, Rock back/Recover, Rock side/Recover.

- 1-4 Step back on Left, Close Right beside Left, Step back on Left, Hold.
- 5-6 Rock back on Right, Recover forward on Left.
- 7-8 Rock Right to right side, Recover on Left to place.

Cross/Kick, Cross/Hold, Back/Hold, Rock back/Recover.

- 1-2 Step Right across Left, Kick Left to left forward diagonal.
- 3-4 Step Left across Right, Hold.

****Restart dance at this point on wall Six.**

- 5-6 Step back on Right, Hold.
- 7-8 Rock back on Left, Recover forward on Right.

Quarter turn right/Touch, Side/Touch, Quarter turn Left/Slide together, Hip bumps R,L.

- 1-2 Quarter turn right step Left to left side, Touch Right beside Left. (12:00)
- 3-4 Step Right to right side, Touch Left beside Right.
- 5-6 Quarter turn left step Left a long step to left side, Slide Right to end beside Left. (9:00)
- 7-8 Bump Right hip to right (weight on Right), Bump Left hip to left (weight on Left). (9:00)

***Tag and Restart, dance 2 count tag on wall Three after count 6 of section Two, then Restart dance (you will be facing 6:00).**

Sway Right, Left.

7-8 Step Right and sway to right side, Sway to left side (weight on Left).

****Restart, restart dance on wall Six after count 3-4 (Cross/Hold) of section Seven (you will be facing 9:00).**

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