

A Man is Not a Woman

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner Cha Cha
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音乐: A Man Is Not a Woman - Lou Bega



Intro : Start after 32 Counts from the beginning

(1 – 9) Cross, Rock, Recover, Behind , ¼ L, Step fwd, Sailor ¼ L

1 Step L across R
2 – 3 Rock R to R side, Recover on L
4 & 5 Step R behind L, ¼ Turn L step L Fwd, Step R fwd (9.00)
6 – 7 Rock L fwd, Recover on R
8 & 1 Sailor Step ¼ Turn L (6.00)

(10-16) Vaudeville , Step fwd , Mambo fwd, Coaster step

2&3& Step R across L, Step L small step back, R heel fwd, Step R next to L
4 Step L fwd
5 & 6 Rock R fwd, Recover on L, Step R back
7 & 8 Step L back, Step R next to L, Step L fwd

(17-24) Rock , Recover, Triple Full Turn R, Rock Recover, Triple ¾ Turn L

1 – 2 Rock R fwd, Recover on L
3 & 4 Triple Full Turn R with R,L,R
5 – 6 Rock L fwd, Recover on R
7 & 8 Triple ¾ Turn L with L,R,L (9.00)

(25-32) Out, Out, Hold, Ball Cross, Hitch, Hip Sways, Side, Drag

&1-2 Step R out, Step L out, Hold
&3-4 Step R next to L, Step L across R, Hitch R
5 – 6 Step R out and sway hips R, Sway Hips L
7 – 8 Step R to R side, Drag L

Ending:

Last wall ends at the back wall . Dance to count 30 then the last 2 Counts:

7 – 8 Cross R over L and make a ½ Turn L

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