

# Men

拍数: 32      墙数: 4      级数: Low Intermediate  
编舞者: Jamie Marshall (USA) - December 2011  
音乐: Men - Aly'an



Sequence:- 32,32,16,32 rest of way

## A. WALK, WALK, ROCK, RECOVER, STEP, WALK, WALK, ROCK, RECOVER, STEP

1,2            Step R forward (1), Step L forward (2)  
3&4           Rock R forward (3), Recover onto L (&), Step R next to L (4)  
5,6            Step L back (5), Step R back (6)  
7&8           Rock L back (7), Recover onto R (&), Step L next to R (8) (12:00)

## B. STEP, ¼ PIVOT L, SAILOR, BUMPS

9,10           Step R forward (9), Pivot ¼ L, stepping L in place (10) (9:00)  
11&12        Cross R behind L (11), Step L to L (&), Step R to R (12)  
13&14        Cross L behind R (13), Step R to R (&), Step L to L (14)  
15&           Bump hips to R (15), Bump hips to L (&)  
16&           Bump hips to R (16), Bump hips to L (&) (9:00)

## C. SIDE ROCK, ¼ TURN SAILOR, SIDE ROCK, WEAVE

17,18        Rock R to R (17), Recover onto L (18)  
19&20        Cross R behind L (19), Turn ¼ L, stepping L forward (&), Step R to R (20) (6:00)  
21,22        Rock L to L (21), Recover onto R (22)  
23&24        Step L behind R (23), Step R to R (&), Cross L over R (24) 6:00

## D. OUT, OUT, IN, IN, STEP, ¼ PIVOT L, KICK-BALL-CHANGE

25,26        Step R to R (25), Step L to L (26)  
27,28        Step R to center (27), Step L next to R (28)  
29,30        Step R forward (29), Pivot ¼ L, stepping L in place (30) (3:00)  
31&32        Kick R forward (31), Step R next to L (&), Step L in place (32) (3:00)

Music available: ([www.alyanmusic.com](http://www.alyanmusic.com))

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