

I Need A Man

拍数: 48 墙数: 2 级数: Beginner
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音乐: I Need a Man - Cotton Eye Jane : (iTunes)



Count In: 32 counts from the first "I Need A Man, Need A Man, Need A Man"

RIGHT TRIPLE FORWARD, LEFT TRIPLE FORWARD, FORWARD ROCK, SIDE ROCK

1&2 Step right forward, bring left next to right, step right forward
3&4 Step left forward, bring right next to left, step left forward
5-6 Rock right forward, replace onto left
7-8 Rock right to right side, replace onto left

RIGHT TRIPLE BACK, LEFT TRIPLE BACK, BACK ROCK, KICK BALL CHANGE

1&2 Step right back, bring left next to right, step back on right
3&4 Step left back, bring right next to left, step back on left
5-6 Rock back on right, replace onto left
7&8 Kick right forward, quickly step on ball of right, step onto left

TRIPLE STEP FORWARD 3X, 1/4 PIVOT RIGHT

1&2 Step right forward, bring left next to right, step forward on right
3&4 Step left forward, bring right next to left, step forward on left
5&6 Step right forward, bring left next to right step forward on right
7-8 Step left forward, pivot 1/4 right stepping down on right

CROSSING TRIPLE, SIDE TRIPLE, CROSSING TRIPLE, SIDE ROCK

1&2 Cross left over right, step right to right side, cross left over right
3&4 Step right to right side, step left next to right, step right to right side
5&6 Cross left over right, step right to right side, cross left over right
7-8 Rock right to right side, replace onto left

CROSSING TRIPLE, SIDE TRIPLE, CROSSING TRIPLE, SIDE ROCK

1&2 Cross right over left, step left to left side, cross right over left
3&4 Step left to left side, step right next to left, step left to left side
5&6 Cross right over left, step left to left side, cross right over left
7-8 Rock left to left side, replace onto right

CROSS, SIDE, COASTER STEP, JAZZ BOX WITH 1/4 TURN RIGHT

1-2 Cross left over right, step right to right side
3&4 Step back on left, bring right next to left, step forward onto left
5-8 Cross right over left, step back on left, step right 1/4 right, step left slightly forward.

Start Again

(For beginners I decided not to do Restarts, it seems to dance OK without them)