

Real Men

拍數: 32 牆數: 4 級數: Improver
編舞者: Laura Sway (UK) - February 2016
音樂: Real Men Love Jesus - Michael Ray



COUNT IN: 16 counts

[1-8] Sway R, sway L, step R, back rock recover, step L back rock recover ¼ R, walk forward R,L.

1234& sway weight to the right (1) sway weight to the left(2) step a big step right (3) rock left behind right (4) recover weight onto right (&)
56&78 step a big step left (5) rock right behind left making ¼ right (6)recover weight onto left (&)
3.00, walk forward right left.

[9-16] Rock forward, recover, step back sweep, step back sweep, rock back R, recover, step, ball step x3 ¾ Turn R.

1&234& rock forward on the right (1) recover weight onto left (&) step back on the right sweeping left from front to back (2) step back on the left sweeping right from front to back (3) rock back on the right (4) recover weight onto left (&)
5&6&7&8 making ¾ turn to the right step forward on the right (5) step left ball beside right (&) repeat for counts 6&7&8 (12.00)

[17-24] L Cross back back, R cross back back, rock back recover step back ½ R, R coaster step.

1&23&4 cross left over right (1) step back on the right (&) step back left slightly apart (2) Cross right over left (3) step back on the left (&) step back on the right slightly apart (4)
5&67&8 rock back left (5) recover weight on to right (&) step back on the left making ½ turn right (6.00) (6) step back on the right (7) step left beside right (&) step forward on the right (8)

[25-32] Rock forward recover, step ¼ L, cross & heel, & cross unwind full turn, rock side recover, rock back recover.

1&23&4 Rock forward on the left (1) recover weight onto right (&) step left ¼ left (3.00) (2) cross right over left (3) step left slightly to left side (&) touch right heel forward to right diagonal (4)
&567&8& step weight onto right (&) cross left over right (5) unwind a full turn over right shoulder (6) rock right to right side (7) recover weight onto left (&) rock back on the right (8) recover weight onto left (&)

Start Again