拍數： 48
銅數： 2
級數：Easy Intermediate waltz

## 編舞者：Jessica Boström（SWE）－April 2017

音樂：Just a Man－SoMo：（iTunes）

Intro： 24 counts．Approx 13 secs into track．
Restarts：See explanation at bottom of page．
Sequence：48，36，48，24，48，36，48，36，48， 48.
＊Due to Restarts，it will be danced towards all 4 walls．＊
［1－12］L Twinkle．Twinkle 1／4 Turn．Cross Point Hold．1／2 Side Rock．
1－3 Cross $L$ over $R$ ，step $R$ to Right side，step $L$ to Left side．
4－6 Cross R over L，make a 1／4 turn Right stepping L back，step R to Right side．（3．00）
7－9 Cross L over R，point $R$ to Right side，hold．
10－12 Make 1／2 turn Right stepping $R$ beside L，rock $L$ to Left side，recover onto R．（9．00）
［13－24］Forward $1 / 4$ Back．Back 1／4 Forward．Forward Lunge．Run Back R L R．
1－3 Step $L$ forward，make a $1 / 4$ left stepping $R$ beside $L$ ，step back on $L$ ．（6．00）
4－6 Step R back，make 1／4 turn Left stepping L forward，step R forward．（3．00）
7－9 Rock $L$ forward as you bend both knees slightly，and then hold for 2 counts．
（Styling suggestion：On those hold counts you can bring your R arm forward and up，it also helps you to keep your balance．）
10－12 Run back on R，L，R．
＊Restart：On wall 4，9．00．（Restart facing 12．00）
［25－36］1／2 Turn With Sweep．Weave．Side Drag Touch．Rolling Vine．
1－3 Make 1／2 turn Left stepping forward on $L$ as you start making a slow sweep with $R$ from back to front，continue sweeping your $R$ for 2 counts．（9．00）
4－6 Cross $R$ over $L$ ，step $L$ to Left side，cross $R$ behind $L$ ．
7－9 Long step to Left on $L$ ，drag $R$ to Left，touch $R$ next $L$ ．
10－12 Make 1／4 turn Right stepping forward on R，make 1／2 turn Right stepping back on L，make 1／4 turn Right stepping R to Right side．（9．00）

## ＊Restarts：

On wall 2，6．00．（Restart facing 3．00）On wall 6，6．00．（Restart facing 3．00）
On wall 8，9．00．（Restart facing 6．00）
［37－48］Cross Side 1／8．Back 1／8 Forward．Step Spiral．Run Forward L R L．
1－3 Cross L over R，step R to Right side，1／8 turn Left stepping back on L．（7．30）
4－6 Step back on R，1／8 turn Left step $L$ to Left side，step $R$ forward．（6．00）
7－9 Step $L$ forward，make a full spiral turn Right with weight on $L$ over 2 counts．
10－12 Run forward R，L，R．
End of dance－Ready to start again！
There is four Restarts in this dance；On walls $2,4,6 \& 8$.
Please do not let the Restarts and the phrasing put you off．
After dancing it a couple of times I am sure you will hear it in the music．
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