

# Be The Man

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Kim Ray (UK) - April 2017  
音樂: Be the Man - Rag'n'Bone Man : (CD: Human)



## #32 count intro

### S1: □ FORWARD, FORWARD ROCK/RECOVER, LOCK STEP BACK, TOUCH, ½ TURN RIGHT, PIVOT ¾ TURN RIGHT

1-3            Step forward on right, rock forward on left, recover back on right  
4&5           Step back on left, cross step right over left, step back on left  
6-7           Touch right toe back, ½ turn right taking weight (6:00)  
8&1           Step forward on left, ½ turn right, ¼ turn right stepping slightly back on left (3:00)

### S2: □ WALK BACK x 2, COASTER STEP, TWIST x 2, SIDE ROCK/RECOVER

2-3            Step back on right, step back on left  
4&5           Step back on right, step left beside right, step forward on right  
6-7           Twist feet and body ¼ turn left (12:00), twist feet and body ¼ turn right (3:00)

#### (RESTART & TAGLET DURING WALL 4)

8&            Rock left to left side, recover on right

### S3: □ PIVOT ½ TURN RIGHT, FORWARD, MAMBO FORWARD, BACK, POINT, DIAGONAL CROSS SHUFFLE

1-2            Step forward on left, pivot ½ turn right (9:00)  
3              Step forward on left  
4&5           Rock forward on right, recover back on left, step back on right  
6-7           Step back on left, point right toe back and slightly right  
8&1           Cross step right over left, step left to left side, cross step right over left (travelling to left corner)

### S4: □ SIDE ROCK LEFT/RECOVER ¼ TURN RIGHT, SHUFFLE FORWARD, PIVOT ½ TURN LEFT, ¼ TURN LEFT, SIDE, TOGETHER

2-3            Rock left to left side, recover ¼ turn right stepping forward on right (12:00)  
4&5           Step forward on left, step right beside left, step forward on left  
6-7           Step forward on right, ½ pivot turn left (6:00)  
8&            Make a ¼ turn left stepping right to right side, step left beside right (3:00)

#### RESTART DURING WALL 4 AT 9:00

Dance up to count 7 of Section 2, for count 8 make a full pencil turn right on right foot stepping left in place 12:00

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