

I Am Your Man!

COPPER KNOB
STEP SHEETS

拍數: 48

牆數: 2

級數: Intermediate / Advanced - Rolling
Count

編舞者: Fred Whitehouse (IRE) & Niels Poulsen (DK) - April 2017

音樂: I Am Your Man - Seal : (Album: Hits, Deluxe version - iTunes etc - 4:04)



Intro: 8 count intro from main beat in music (13 secs. into track). Start with weight on L foot

Tag: On wall 3, after count 19, facing 12:00. See tag description at bottom of step sheet

Easy bridge: On wall 4, starts facing 12:00, after count 32, facing 6:00. See description at bottom of sheet

Ending: Happens during wall 5 (starts at 6:00). Finish count 40& to end at your front wall. ☺

[1 – 8] □ ¼ R, weave into L back rock, 7/8 R with figure 4, rock coupé, recover, behind side fwd

- 1 – 2& Turn ¼ R stepping fwd on R sweeping L fwd (1), cross L over R (2), step R to R side (&) □3:00
- 3 – 4 Turn body 1/8 L rocking back on L (3), recover onto R (4) □1:30
- &5 Turn 3/8 R stepping L back (&), turn ½ R stepping R fwd touching L foot into R knee (5) □12:00
- 6 – 7 Rock L fwd bringing R foot behind L calf (6), step back on R sweeping L out to L side (7) □12:00
- 8&a Cross L behind R (8), step R to R side (&), step L fwd (a) □12:00

[9 – 16] □ Monterey ½ R into hook, ball point, cross kick, weave, L side step, ball lean, 1¼ R

- 1 – 2 Point R to R side (1), unwind ½ R on L foot leaving R leg hooked in front of L shin (2) □6:00
- &3 – 4 Step fwd on R (&), point L to L side (3), cross L over R kicking R low out to R side (4) □6:00
- 5&a Cross R over L (5), step L to L side (&), cross R behind L (a) □6:00
- 6&7 Step L to L side (6), step R next to L (&), lean L to L side prepping body slightly to L side (7) □6:00
- 8&a Turn ¼ R stepping R fwd (8), turn ½ R stepping L back (&), turn ½ R stepping R fwd (a) □9:00

[17 – 24] □ 3 curvy walks LRL with ¼ R, 3 curvy runs RLR with ½ R, ¾ spiral R, side rock, twinkle

- 1 – 3 Walk L fwd (1) turn 1/8 R walking R fwd (2), turn 1/8 R walking L fwd (3) □12:00
- 4&a Turn 1/8 R walking R fwd (4), turn 1/8 R walking L fwd (&), turn ¼ R walking fwd on R (a) □6:00
- 5 – 7 Step L fwd spiralling ¾ R on L foot (5), rock R to R side (6), recover on L (7) □3:00
- 8&a Cross R over L (8), rock L to L side (&), recover onto R turning 1/8 R (a) □4:30

[25 – 32] □ L diagonal rock recover, ball back rock recover, 1 1/8 turn L, weave, behind turn ¼ R

- 1 – 2& Rock L fwd into R diagonal (1), recover back on R (2), step back on L (&) □4:30
- 3 – 4 Rock back on R (3), recover fwd on L (4) □4:30
- &5 Turn ½ L stepping R back (&), turn ½ L stepping L fwd turning 1/8 L and sweeping R fwd (5) □3:00
- 6&7 Cross R over L (6), step L to L side (&), cross R behind L sweeping L to L side (7) □3:00
- 8& Cross L behind R (8), turn ¼ R stepping R fwd (&) □6:00

[33 – 40] □ Fwd L, ½ R into 3 walks with sweeps, 3 back twinkles LRL, ½ L into R side rock

- 1 – 4 Step L fwd (1), turn ½ R walking R fwd sweeping L out to L side (2), walk L fwd sweeping R out to R side (3), walk R fwd sweeping L out to L side (4) □12:00
- 5&a Cross L over R (5), step back on R (&), step back on L (a) Styling: open body to L diagonal □12:00
- 6&a Cross R over L (6), step back on L (&), step back on R (a) Styling: open body to R diagonal □12:00

7&a Cross L over R (7), step back on R (&), turn ¼ L stepping L fwd (a) □9:00
8& Turn ¼ L on L rocking R out to R side (8), recover on L (&) □6:00

[41 – 48] □Behind point X2, fwd point X2, fwd R with L drag, back L with R drag, tap press, tog.

1& - 2& Cross R behind L (1), point L to L side (&), cross L behind R (2), point R to R side (&) □6:00

3& - 4& Cross R over L (3), point L to L side (&), cross L over R (4), point R to R side (&) □6:00

5& - 6& Step fwd on R (5), drag L next to R (&), step back on L (6), drag R next to L (&) □6:00

7& - 8 Tap R out to R side (7), press R to R side (&), push back on L dragging R next to L (8) □6:00

END OF DANCE!

Tag :□On wall 3, after count 16, facing 9:00: 2 curvy walks, out LR, sway body LR, R drag tog.

1 – 2 Walk L fwd (1) turn 1/8 R walking R fwd (2) □10:30

3& Turn 1/8 R stepping L out to L side (3), step R out to R side (&) □12:00

4 – 5& Sway body L (4), sway body R (5), recover on L dragging R next to L (&) □12:00

Bridge: □There's a 2 count bridge during wall 4, after count 32: Walk L, walk R

1 – 2 Walk fwd on L (1), walk fwd on R (2) ... then continue dancing from count 33 □6:00

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