

Act Like A Man!

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Niels Poulsen (DK) - November 2017
音樂: You Gotta Not - Little Mix : (iTunes)



Intro: 8 counts (app. 5 secs. into track). Start with weight on L foot

Tag: After wall 3, facing 3:00. See Tag description at bottom of page

Bridge: During wall 6, after 16 counts, facing 3:00. See Bridge description at bottom of page

NOTE: Both the Tag and the Bridge happen at 3:00. Easy to remember

EXTRA: Huge thanks to Simon Ward & Craig Bennett for their advice and input

[1 – 8] Touch & heel &, weave 1/8 R, behind side cross ¼ R, place R fwd, heel swivels

- 1&2& Touch R next to L (1), step R diagonal back (&), touch L heel diagonally L fwd (2), step L next to R (&) 12:00
- 3&4 Cross R over L (3), step L to L side (&), cross R behind L turning 1/8 R (4) 1:30
- 5&6 Step back on L (5), turn 1/8 R stepping R to R side (&), turn 1/8 R stepping L in front of R (6) 4:30
- 7&8 Place R fwd (7), swivel both heels to R side (&), swivel heels back again (8) – weight L 4:30

[9 – 16] 1/8 L into behind side cross, side rock cross, ¼ L, shuffle ½ L, mambo step, together

- 1&2 Step back on R (1), turn 1/8 L stepping L to L side (&), cross R over L (2) 3:00
- &3&4 Rock L to L side (&), recover on R (3), cross L over R (&), turn ¼ L stepping back on R (4) 12:00
- 5&6 Turn ¼ L stepping L to L side (5), step R next to L (&), turn ¼ L stepping L fwd (6) 6:00
- &7&8 Rock R fwd (&), recover back on L (7), step back on R (&), step L next to R (8) ... * Bridge here during wall 6 (see bottom of sheet for detailed explanation) 6:00

[17 – 24] R rocking chair, R lock step fwd, step ¼ cross, R scissor step

- 1&2& Rock R fwd (1), recover back on L (&), rock back on R (2), recover fwd onto L (&) 6:00
- 3&4 Step R fwd (3), lock L behind R (&), step R fwd (4) 6:00
- 5&6 Step L fwd (5), turn ¼ R onto R (&), cross L over R (6) 9:00
- 7&8 Step R to R side (7), step L next to R (&), cross R over L (8) 9:00

[25 – 32] L rock diagonal fwd, behind side cross, out out in cross, step touch step

- 1 – 2 Rock L into L diagonal (1), recover back on R (2) ... Styling: push L hip up during rock step 9:00
- 3&4 Cross L behind R (3), step R to R side (&), cross L over R (4) 9:00
- 5&6& Step R out to R side (5), step L out to L side (&), step R in towards L (6), cross L over R (&) 9:00
- 7&8 Step R to R side (7), touch L next to R (&), step L to L side (8) 9:00

Start Again!

Tag: After wall 3 which starts facing 6:00. The tag happens facing 3:00:

Cross rock side X 2

- 1&2 Cross rock R over L (1), recover back on L (&), step R to R side (2) 3:00
- 3&4 Cross rock L over L (3), recover back on R (&), step L to L side (4) 3:00

Bridge: During wall 6 which starts facing 9:00, after 16 counts, now facing 3:00:

Camel walks R&L, R mambo step fwd, pop walks back L&R, L coaster step

- 1 – 2 Walk R fwd popping L knee fwd (1), walk L fwd popping R knee fwd (2) 3:00

3&4 Rock R fwd (3), recover weight back on L (&), step back on R (4) 3:00
5 – 6 Walk back on L popping R knee fwd (5), walk back on R popping L knee fwd (6) 3:00
7&8 Step back on L (7), step R next to L (&), step fwd onto L (8) 3:00

Ending: You automatically end the dance at 12:00 when finishing your last wall. Then stomp R fwd 12:00

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