

# Single Man

拍數: 64      牆數: 0      級數: Phrased Intermediate  
編舞者: Valentina Pagnoni (IT) & Daniele Traverso (IT) - October 2019  
音樂: Single Man - High Valley



Counts : A 32c, B 32c, Tag 2c, Bridge 4c,Restart

Sequence: A,A,B.B,A,B,B,A,B(short),A,B(1-22),Tag, B(1-8),Bridge,B(9-32),A(1-30)

## A: 32 counts

**S1: Kick ball cross, ¼ turn & rock, recover , ½ turn , ¼ turn, Sailor step**

1&2            kick R forward, step R next L, cross L over R  
3-4            ¼ turn right & step R forward, recover weight on L (3.00)  
5-6.           ½ turn right & step R forward (9.00), ¼ turn right & step L back. (12.00)  
7&8            step R behind L, side step L, side step R

**S2: Shuffle, Vaudeville, weave, hitch, stomp**

1&2.           Step L forward, close R behind L, step L forward  
3&4.           Cross R over L, step L diagonally back, touch R heel diagonally forward  
&5&6&7        step R next L, cross L over R, step R to right, step L behind R, step R to right, cross L Over R  
&8.            Hitch R knee, stomp R forward

**S3: Heels bounce ¼ turn (x2), coaster step, full turn, Mambo step**

&1.            Heels bounce ¼ turn left (9.00)  
&2.            Heels bounce ¼ turn left (6.00)  
3&4.           Step L back, step R together, step L forward  
5-6.           ½ turn left & step R back (12.00), ½ turn left & step L forward (6.00)  
7&8.           step R forward, recover weight on L, step R back

**S4: Long step, slide, shuffle, ½ turn, ½ turn & rock, recover, ½ turn, stomp-up**

1-2.           Long step L back, step R next L  
3&4.           Step L forward, step R next L, step L forward  
5.            ½ turn left & step R back (12.00)  
6&7.           ½ turn left & step L forward (6.00), recover weight on R, ½ turn left & step L forward (12.00)  
8.            Stomp-up R next L

## B: 32 counts

**S1: Flick,Brush, hook, Brush & jump, stomp, ¾ turn, half turn (X2), Mambo turn**

&1&.           Flick R to right side, brush R to left, hook R over L  
2&.            Brush R to right, Jump side  
3.            stomp both foot  
4-5-6        ¾ turn right & step R forward (9.00), ½ turn right & step L back (3.00), ½ turn right & step R forward (9.00)  
7&8.           Step L forward, recover weight on R, ½ turn Left & step L forward (3.00)

**S2: ¼ turn & stomp, hold, ½ turn & stomp, hold, rocking chair, jumping (kick ,cross , kick)**

1-2.           ¼ turn Left & stomp R beside L (12..00), hold  
3-4.           ½ turn right & stomp L beside R (6.00), hold  
&5&6.        Step R forward, recover weight on L, step R back, recover weight on L  
&7&8.        Kick R forward, cross R over L, recover on L & kick R forward, recover on R & kick L forward

**S3: Jumping(Cross, kick), recover, scuff, scoot , ½ turn, step, slide, coaster step, shuffle**

- &1&2. Cross L over R, recover on R & kick L forward, recover weight on L & Flick R back, scuff R Beside L
- &3-4. Jump Forward on L & hitching R knee, ½ turn left & step R back (12.00), drag L near R
- 5&6 step L back, R next L, step L forward
- 7&8 step R forward, L near R, step R forward

**S4: ½ turn(x2),recover, ½ turn(x2), sailor step, step, stomp-up**

- 1-2& ½ turn right & step L back, ½ turn right & step R forward, recover weight on L
- 3-4 ½ turn right & step R back, ½ turn right & step L forward
- 5&6 cross R behind L, L beside R, step R forward
- 7-8 step L forward, stomp-up R beside L

**(13-32)B short**

**rocking chair, jumping (kick ,cross , kick)**

- &5&6. Step R forward, recover weight on L, step R back, recover weight on L
- &7&8. Kick R forward, cross R over L, recover on L & kick R forward, recover on R & kick L forward

**Jumping(Cross, kick), recover, scuff, scoot , ½ turn, step, ½ turn, sailor step, shuffle**

- &1&2. Cross L over R, recover on R & kick L forward, recover weight on L & Flick R back, scuff R Beside L
- &3 Jump Forward on L & hitching R knee, ½ turn left & step R back (6.00)
- 4-5&6 ½ turn left, L cross behind R, R next L , step L forward
- 7&8 step R forward, L near R, step R forward

**½ turn(x2),recover, ½ turn(x2), sailor step, step, stomp-up**

- 1-2& ½ turn right & step L back, ½ turn right & step R forward, rocover weight on L
- 3-4 ½ turn right & step R back, ½ turn right & step L forward
- 5&6 cross R behind L, L beside R, step R forward
- 7-8 step L forward, stomp-up R beside L

**Tag**

- 1-2 ½ turn left & step R back, ½ turn left & step L forward

**Bridge (3.00)**

- 1-2 ½ turn left & step R back (9.00), ½ turn left & step L forward (3.00)
- 3-4 ½ turn left & step R back (9.00), ½ turn left & step L forward (3.00)

**Enjoy**

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