

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
