

Mansplainin

拍數: 118 牆數: 2 級數: Phrased Advanced
編舞者: Barbara Germini (IT) & Luca Calbucci (IT) - June 2022
音樂: Mansplainin' - Nice Horse



Sequence: A- A- B- C- A- A#- B- B#- TAG- C- C#- C#- B- C#- FINAL

PART A: 34 counts

[1-8] WEAVE R, SCISSOR STEP R, ¼ TURN R, ¼ TURN R, KICK BALL CHANGE L

1&2& Step R to the R side, L cross behind R, step R to the R side, L cross over R,
3&4 Step R to R side, step L together, R cross over L
5-6 ¼ turn R step back L, ¼ turn R step side R
7&8 Kick L, recover on L, step R

[9-16] STEP L, SWIVEL, COASTER STEP L, STEP R, ½ TURN L, FULL TURN

1&2 Step fwd L, move both heels to the L, move both heels to the L
3&4 step bwd L, step R together, step fwd L
5-6 step fwd R, ½ turn to the L
7-8 ½ turn to the L step bwd R, ½ turn to the L step fwd L (RESTART)

[17-24] SCUFF R,L, VAUDEVILLE ¼ TURN, VAUDEVILLE, STEP R,L,

1-2 Scuff R,L
3&4 cross R over L ¼ turn to the R, step L diagonally back L, touch R heel diagonally R
5&6 cross L over R, step R diagonally back R, touch L heel diagonally L
7-8 step R,L

[25-32] SHUFFLE FWD R, ROCK FWD L, SHUFFLE BWD L, FULL TURN R

1&2 Step fwd R, close L beside R, step fwd R
3-4 step fwd L, recover weight on R
5&6 step bwd L, close R beside L, step bwd L
7-8 ½ turn to the R step fwd R, ½ turn to the R step bwd L

[33-34] ¼ TURN STOMP R, STOMP L

1-2 ¼ turn to the R stomp R, stomp L

PART B: 36 counts

[1-8] PIGEON TOES, APPLEJACK, PIGEON TOES, APPLEJACK

1&2 (to the right) toes pointed outwards, toes pointed inwards, toes pointed outwards
3&4 bring feet together, swivel the L toe and R heel to the L, bring feet together
5&6 (to the right) toes pointed outwards, toes pointed inwards, toes pointed outwards
7&8 bring feet together, swivel the L toe and R heel to the L, bring feet together

[9-16] ROCK R SIDE, RECOVER ½ TURN R, 2 ROCK CROSS ½ TURN R, ROCK BACK R, SCUFF, LOCK STEP R

1&2 Rock R side, recover ½ turn to R, step R to the R side
3&4& Rock cross L over R, recover ¼ turn, Rock cross L over R, recover ¼ turn
5&6 Rock back R, recover, scuff R
7&8 step fwd R, lock L behind R, step fwd R

[17-24] STEP L BWD, STOMP R, TOE FAN, HELL FAN, TOE FAN, STOMP L, HELL JACK L,R

1-2 Step L bwd, stomp R together
3&4& fan R toe to R, fan R heel to R, fan R toe to R, stomp L together
5&6 step R diagonally back R, touch L heel diagonally fwd L, step L into center, step R beside L

7&8 step L diagonally back L, touch R hell diagonally fwd R, step R into center, step L beside R

[25-36] STOMP R, ROCK L, ½ TURN L, SCUFF R, STEP SIDE R, SCUFF L, STEP SIDE L, ROCK BACK, SCUFF R, FULL TURN, ROCK BACK, SCUFF R, FULL TURN

1&2 stomp R fwd, rock L fwd, ½ turn to the L step L fwd

&3&4 scuff R, step R side R, scuff L, step L side L

5&6 rock back R, recover, scuff R

7-8 ½ turn to the L step R bwd, ½ turn to the L step L fwd (RESTART)

Repeat counts 5 - 8

PART C: 24 counts

[1-8] SCUFF R, OUT, OUT, SAILOR R, SAILOR L ½ TURN, STEP R, TOE L

1&2 scuff R, step R to the R side, step L to the L side

3&4 cross R behind L, step L to the L side, step R in the place

5&6 cross L behind R, step R ½ turn to the L, step L fwd

7-8 step R fwd, toe L behind R

[9-16] SCUFF L, OUT, OUT, SAILOR L, SAILOR R ½ TURN, STEP L, TOE R

1&2 scuff L, step L to the L side, step R to the R side

3&4 cross L behind R, step R to the R side, step L in the place

5&6 cross R behind L, step L ½ turn to the R, step R fwd

7-8 step L fwd, toe R behind L

[17-24] ROLLING FULL TURN RIGHT, ROLLING FULL TURN LEFT

1-2 step R ¼ turn to the R, step L bwd ½ turn to the R

3-4 step R side ¼ turn to the R, touch L

5-6 step L ¼ turn to the L, step R bwd ½ turn to the L

7-8 step l side ¼ turn to the L, touch R

TAG : 8 counts

[1-8] ROLLING FULL TURN RIGHT, ROLLING FULL TURN LEFT

1-2 step R ¼ turn to the R, step L bwd ½ turn to the R

3-4 step R side ¼ turn to the R, touch L

5-6 step L ¼ turn to the L, step R bwd ½ turn to the L

7-8 step l side ¼ turn to the L, touch R

FINAL: 16 counts

[1-8] SCUFF R, OUT, OUT, SAILOR R, SAILOR L ½ TURN, STEP R, TOE L

1&2 scuff R, step R to the R side, step L to the L side

3&4 cross R behind L, step L to the L side, step R in the place

5&6 cross L behind R, step R ½ turn to the L, step L fwd

7-8 step R fwd, toe L behind R

[9-16] SCUFF L, OUT, OUT, SAILOR L, SAILOR R, STEP L, TOE R

1&2 scuff L, step L to the L side, step R to the R side

3&4 cross L behind R, step R to the R side, step L in the place

5&6 cross R behind L, step L to the L side, step R in the place

7-8 step L bwd, stomp R
