

# Take It Like a Man

拍數: 32      牆數: 4      級數: Improver  
編舞者: Mike Stringer (UK) - August 2022  
音樂: Woman Up (And Take It Like a Man) - Dolly Parton



## #8 Count Intro

### Sec1: Cross, back, ¼ side Shuffle, cross ¼ back, ¼ shuffle

1-2            Cross right over left, step back on left  
3&4            Make ¼ turn over right as step right to right, close left next to right, step right to right side (3:00)  
5-6            Cross left over right, make ¼ turn over left shoulder, stepping back on right  
7&8            Make ¼ turn over left as step left to left, close right next to left, step left to left side (9:00)

### Sec2: Cross, side, behind, side, cross, side rock, cross shuffle

1-2            Cross right over left, step left to left side  
3&4            Step right behind left, step left to left side, cross right over left (9:00)  
5-6            Rock left to left side, recover weight onto right  
7&8            Cross left over right, step right to right side, cross left over right (9:00)

### Sec3: Modified ¼ Monterey x 2

1-2            Point right toe out to right side, make ¼ turn over right step right in place  
3&4            Rock left to left side, recover onto right, cross left over right (12:00)  
5-6            Point right toe out to right side, make ¼ turn over right step right in place  
7&8            Rock left to left side, recover onto right, cross left over right (3:00)

### Sec4: Side, together, heels switches, touch back, unwind, forward shuffle

1-2            Step right to right side, step left next to right  
3&4            Touch right heel forward, step right next to left, touch left heel forward, step left next to right (3:00)  
5-6            Touch right toe back, unwind ½ turn over right putting weight onto right  
7&8            Step left forward step right next to left, step left forward (9:00)

### Tag: Wall 5: Cross, ¼ turn, ½ turn, touch

On wall 5 dance up to and including count 6 of sec 2 then add these 4 counts and restart the dance from the front wall

1-2            Cross left over right, make ¼ turn over left stepping back on right  
3-4            make ½ turn over left stepping forward on left, touch right next to left

Begin again

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