Simple Man

拍數: 32

級數: Intermediate

編舞者: Diana Liang (CN) - January 2024

音樂: Simple Man - Robert Randolph & The Family Band

| Intro 16 | |
|---|--|
| S1: Coaster, F 1&2 3&4 5&6& | orward Side Rock, Cross Rock, Vine, Point, 1/4 in Place, 1/4 Side step Rf back, step Lf together, step Rf forward Lf forward, rock Rf to R side, recover to Lf cross Rf over Lf, recover to Rf, step Rf to R side, cross Lf over Rf |
| 7&8& | step Rf to R side, point Lf to L side, turn 1/4 to L Lf in place, 9H, turn 1/4 to L stepping Rf to R side, 6H |
| S2: Modified Sailor LR, Back Sweep LR, 1/4L Side, 1/4R, 5/8R, 1/2R, Forward | |
| 1&2 | step Lf behind, rock Rf to R side, recover to Lf |
| &3& | step Rf behind, rock Lf to L side, recover to Rf |
| Restart here during W3 after replacing 3& with stepping Lf to L side, touch Rf next to Lf, facing 12H | |
| 4-5 | step Lf back sweeping Rf from front to back, step Rf back sweeping Lf from front to back |
| 6-7 | turn 1/4L stepping Lf to L side, 3H, turn 1/4R stepping Rf in place, 6H |
| &8& | turn 5/8R stepping Lf back, 1:30H, turn 1/2R stepping Rf forward, 7:30H, step Lf forward |
| S3: Heel Strut RL,1/2R Pivot, Forward, Prissy Walk LR, 1/8R Rock Recover, Cross | |
| 1&2& | touch Rf heel forward, put down Rf toes, touch Lf heel forward, put down Lf toes |
| 3&4 | step Rf forward, turn 1/2L step Lf in place, 1:30, step Rf forward |
| Restart here after adding an & count to turn 1/8R stepping Lf next to Rf, during W6, facing 9H | |
| 5-6 | step Lf forward slightly cross over Rf, step Rf forward slightly cross over Lf |
| 7&8 | turn 1/8R rocking Lf to L side, 3H, recover to Rf, cross Lf over Rf |
| Ends here during W7 after adding a full R unwind, facing 12H | |
| S4: Diagonal Shuffle Scuff RL, Syncopated Jazz-box, Bounces1/2R, Kick | |
| 1&2& | step Rf to R diagonal forward, step Lf next to Rf, step Rf to R diagonal forward, scuff Lf forward |
| 3&4& | step Lf to L diagonal forward, step Rf next to Lf, step Lf to L diagonal forward, scuff Rf forward |
| 5&6& | cross Rf over Lf, step Lf back, step Rf to R side, step Lf forward |
| 7&8& | turn 1/6R bouncing x 3 time, 9H, kick Rf forward |
| Thanks for watching and Happy Dancing! Contact: procankm@hotmail.com | |

Last Update: 20 Jan 2024





牆數:3