

# The Man I Used To Be

拍數: 36      牆數: 2      級數: Intermediate  
編舞者: Esther Axon (UK) - March 2024  
音樂: Running out of Time (feat. Pat Green, Randy Rogers & Wade Bowen) - Casey Donahew



## #16 count intro

### SECTION 1: R TOE-HEEL-STOMP, L FORWARD MAMBO, R COASTER STEP, PIVOT ½, STOMP R, L

1&2      Touch R toe beside L foot, touch R heel beside L foot, stomp R beside L  
3&4      Rock forward on L, recover on R, step L back  
5&6      Step back on R, step L next to R, step R forward  
7&8      Pivot ½ left, stomp R, stomp L

### SECTION 2: R SIDE, TOGETHER, FORWARD, L CHASSE, R BACK, TOGETHER, SIDE, L TOE-HEEL-STOMP

1&2      Step R to right side, step L next to R, step R forward  
3&4      Step L to left side, step R next to L, step L to left side  
5&6      Step R back, step L next to R, step R to right side  
7&8      Touch L toe beside R foot, touch L heel beside R foot, stomp L beside R

### SECTION 3: R ½ SHUFFLE, L SCUFF-HITCH-STOMP, R ½ SHUFFLE, FULL TRIPLE TURN L, R, L

1&2      ¼ right stepping R to right side, step L next to R, ¼ right stepping R forward  
3&4      Scuff L forward, hitch L knee, stomp L foot  
5&6      ¼ right stepping R to right side, step L next to R, ¼ right stepping R forward  
7&8      Full turn travelling forward, stepping LRL (alternative: fwd shuffle)

### SECTION 4: STOMP R, L

1 - 2      Stomp R, stomp L

### SECTION 5: R FORWARD ROCK, RECOVER ½ TURN, TRIPLE FULL TURN R, L, R, L FORWARD ROCK, RECOVER, L COASTER STEP

1 - 2      Rock R forward, recover on L, making ½ turn right  
3&4      Full triple turn right travelling forward, stepping RLR (alternative: fwd shuffle)  
5 - 6      Rock forward on L, recover on R  
7&8      Step back on L, step R next to L, step forward on L

### SECTION 6: R STEP, ½ PIVOT

1 - 2      Step forward on R, pivot ½ left

## RESTARTS

Wall 4 and Wall 8 after 16 counts

## BRIDGES

Wall 10 after 26 counts (at the end of Section 4): R Jazz Box

1-2      Cross R over L, step L back  
3-4      Step R to right side, step L forward

Wall 11 after 8 counts: R forward/back box step

1&2      Step R to right side, touch L beside R, step R forward  
3&4      Step L to left side, touch R beside L, step L back

