

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

