

To Be A Man

COPPER KNOB
BY STEPHEN

拍數: 96 牆數: 0 級數: Phrased Advanced
編舞者: Guyton Mundy (USA), Rebecca Lee (MY) & Tajali Hall (CAN) - September 2024
音樂: To Be A Man - Dax



Count: A = 32 counts, B = 64 counts, Ending = 32 counts
Sequence: A-B-A-First 48 of B-A-Ending

Start facing 6:00.

Dance begins immediately on lyrics "hide myself..."

PART A (32 COUNTS)

Ball touch, ½ turn R, run, run, nightclub basic, ¼ turn R, full chase turn R

- &1 With knees slightly bent take small step back on L, touch R back as hands come up to hide face
- 2-3 Unwind ½ turn R transferring weight to R (12:00), straighten back to standing position as hands pull to each side to expose face
- 4&5 Drop hands and run fwd L, run fwd R, step L to L side
- 6&7 Close R next to L, step L across R, ¼ turn R stepping fwd on R (3:00)
- 8&1 Step fwd on L, ½ pivot R transferring weight to R (9:00), ½ turn R stepping back on L (3:00)

Run back, sway x3, ¼ turn L, ¾ chase turn, bicep hold w/knee drop

- 2&3 Run back R, run back L, ¼ turn R swaying R to R side (6:00)
- 4&5 Sway L, sway R, ¼ turn L stepping fwd on L (3:00)
- 6&7 Step fwd on R, ½ pivot L transferring weight to L (9:00), ¼ turn L stepping R to R side as L arm comes up to L side at shoulder height as though flexing bicep (6:00)
- &8& Drag L foot toward R foot as L bicep comes in front of face (&), continue dragging L foot toward R foot as L bicep and R knee drop slightly (8), bring L foot next to R foot keeping weight on R foot as L bicep and R knee drop further (&)

Rise, walk x2, syncopated rock/recover, 1 ½ turn L, step, rock, recover

- 1 Straighten back to standing position while lowering L arm to L side (weight still on R)
- 2-3 Walk fwd L, walk fwd R
- 4&5 Rock fwd on L, recover weight to R, ½ turn L stepping fwd on L (12:00)
- &6& ½ turn L stepping back on R (6:00), ½ turn L stepping fwd on L (12:00), step fwd on R
- 7-8 Rock fwd on L as you bring hands up to sides of head, recover weight to R as you slowly roll fingers out from temples

Ball step, sweep x2, ¼ turn R, sway x2, ¼ turn L, full turn, ball step, "home" w/hands

- &1 Small step back on L, step back on R sweeping L from front to back
- 2-3 Step back on L sweeping R from front to back, ¼ turn R swaying R to R side (3:00)
- 4&5 Sway L, sway R, ¼ turn L stepping fwd on L (12:00)
- 6& ½ turn L stepping back on R (6:00), ½ turn L stepping fwd on L (12:00)
- 0a7 Small step fwd on R (a), small step fwd on L bringing both index fingers together at eye level pointing forward (7)
- &a8 Pull index fingers apart towards sides (&), pull index fingers straight down (a), pull index fingers back together at waist level (8)

*On 7&a8, imagine you're tracing the outline of a house with your index fingers

PART B (64 COUNTS)

Step/sweep, cross, back, ¼ R, ¾ turn R, drop, full triple turn, hands over mouth/heart

- &1 Pull right arm back to prep, step fwd on L sweeping R foot and pushing R arm from back to front
- 2&3 Cross R over L, step back on L, ¼ turn R stepping fwd on R (3:00)

- &4 ½ turn R stepping back on L (9:00), ¼ turn R stepping R to R side (12:00)
- 5 Torque body to R diagonal and drop down as you collapse chest
- 6&7 ¼ turn L stepping fwd on L (9:00), ½ turn L stepping back on R (3:00), ¼ turn L stepping L to L keeping weight on R (12:00)

First time dancing B:

- &8& Cover mouth with R hand, cover R hand with L hand, pull L hand out in front of R hand (both palms facing in)

Second time dancing B:

- &8& Put R hand over heart, cover R hand with L hand, draw L hand out in front of R hand (both palms facing in)

Step fwd L, syncopated rock/recover with ¼ R, pinball drop, step behind R, ¼ turn L, step fwd R, step fwd L, step back R, step back L, ¼ turn R, touch L

- 1 Step fwd on L as back of R hand comes fwd to hit palm of L hand
- 2&3 Rock fwd on R, recover weight to R, ¼ turn R stepping R to R side (3:00)
- ea4 Bend knees and “ping” upper body back and forth like a pinball L, R, L while lowering body (weight ends on L)
- 5ea6 Step R behind L, ¼ turn L stepping fwd on L (12:00), step fwd on R, rock L to L side as fists clasp together in front of face and swing L as though swinging a baseball bat
- &7 Recover weight to R pulling fists back toward body, step back on L dropping hands
- &8 ¼ turn R stepping R to R side, touch L next to R (3:00)

***Counts 5-8 should feel less smooth and more abrupt – like you’re about to get angry and then change your mind and regain control.**

Nightclub basic, ¼ turn R, ½ chase turn R, step fwd, sways w/hands, ball step

- 1-2&3 Step L to L side, close R next to L, step L across R, ¼ turn R stepping fwd on R (6:00)
- 4&5 Step fwd on L, ½ pivot R transferring weight to R (12:00), step fwd on L

First time dancing B, when he sings about women, children and dogs:

- 6-7 Sway R to R side while drawing curve with R hand from upper L to lower R side (as though you’re tracing the curve of a woman’s body), sway L to L side while laying back of R hand in L palm in front of waist (as though rocking a baby)
- 8&1 Sway R to R side as you flip hands so that both palms are facing down and L hand is over top of R (as though petting a dog), small step L next to R, step R to R side keeping weight on L

Second time dancing B, when he sings about going to war:

- 6-7 Sway R to R side while pulling R hand straight down in front of chest (palm facing L), sway L to L side while pushing R hand across chest from R to L (palm facing down)
- 8&1 Sway R to R side as you pull R hand across chest from L to R (palm facing down), small step L next to R, step R to R side keeping weight on L

¼ turn R, run back, ¼ turn R, sways x2, nightclub basic, ¼ turn R, syncopated rock/recover, run back

- 2&3 ¼ turn R stepping back on R (3:00), step back L, ¼ turn R swaying R to R side (6:00)
- 4&5 Sway L, sway R, step L to L side
- 6& Close R next to L, step L across R
- 7&8& ¼ turn R rocking fwd on R (9:00), recover weight to L, step back R, step back L

Nightclub basic x2, ¼ turn R, syncopated rock/recover, 2 full turns L

- 1-2& ¼ turn R stepping R to R side (12:00), close L next to R, step R across L
- 3-4& Step L to L side, close R next to L, step L across R
- 5-6& ¼ turn R stepping fwd on R (3:00), rock fwd on L, recover weight to R
- 7& ½ turn L stepping fwd on L (9:00), ½ turn L stepping back on R (3:00)
- 8& ½ turn L stepping fwd on L (9:00), ½ turn L stepping back on R (3:00)

¼ turn L nightclub basic, L coaster rock/recover, full turn, step back x2

- 1-2&3 ¼ turn L stepping L to L side (12:00), close R next to L, step L across R, step R to R side
 4&5& Step back on L, step R next to L, rock fwd on L, recover weight to R
 6&7-8 ½ turn L stepping fwd on L (6:00), ½ turn L stepping back on R (12:00), big step back L, step back R

***The second time you dance B, you'll omit the last 16 counts of B and restart A here.**

Ball step, ¼ turn R w/windmill arms, step/reach, rock/recover w/fists, engagement ring

- &1-2 Small step back on L, ¼ turn R stepping R to R side as arms windmill over head (R arm then L arm) from L to R (3:00), touch L next to R as both knees bend
 3 1/8 turn L stepping L fwd on L diagonal and looking up at L open hand as it reaches up to sky (1:30)
 4 Step R next to L as R hand reaches up to meet L and both hands close in fists
 5 1/8 turn L rocking L to L side as head looks L and L arm extends straight out to L side with fist still closed (12:00)
 6 Recover weight to R as you reach R arm across L and run R arm along L forearm, drawing R arm back toward L shoulder
 7 Touch L foot in next to R as you raise L hand in front of face with palm facing out and fingers spread slightly apart (as though admiring engagement ring); at the same time, run R hand down along L forearm toward L hand
 8 Intertwine R fingers with L (both palms facing out) and curl fingers (R hand over L)

Out, out, in, in, rock/recover, ball step, rock/recover

- &1 With fingers still intertwined step L forward and out to L, step R forward and out to R
 2 Lower hands out to both sides at waist level with palms facing up
 3-4 Step R back and in, step L next to R as you drop hands
 5-6 Rock R to R side, recover weight to L
 &7-8 Step R next to L, rock L to L side, recover weight to R

ENDING (32 COUNTS)

Step/sweep, cross back back, ¼ coaster R, sway x2, nightclub basic, ¼ turn L

- &1 Pull right arm back to prep, step fwd on L sweeping R foot and pushing R arm from back to front
 2&3 Cross R over L, step back on L, step back on R
 4&5 Step back on L, step R next to L, ¼ turn L stepping L to L side (3:00)
 6&7 Sway R, sway L, step R to R side
 8&1 Close L next to R, step R across L, ¼ turn L stepping fwd on L (12:00)

¾ chase turn L, sway x2, ¼ turn L, full turn, ball step, "home" w/hands

- 2&3 Step fwd on R, ½ pivot L transferring weight to L (6:00), ¼ turn L stepping R to R side (3:00)

***Counts 4-8 are identical to the last 5 counts of Part A.**

- 4&5 Sway L, sway R, ¼ turn L stepping fwd on L (12:00)
 6& ½ turn L stepping back on R (6:00), ½ turn L stepping fwd on L (12:00)
 0a7 Small step fwd on R (a), small step fwd on L bringing both index fingers together at eye level pointing forward (7)
 &a8 Pull index fingers apart towards sides (&), pull index fingers straight down (a), pull index fingers back together at waist level (8)

***On 7&a8, imagine you're tracing the outline of a house with your index fingers**

Repeat counts 1-16 of the Ending pattern.

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