

# To Be A Man

COPPER KNOB  
BY SHEETS

拍數: 96      牆數: 0      級數: Phrased Advanced  
編舞者: Guyton Mundy (USA), Rebecca Lee (MY) & Tajali Hall (USA) - 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.**

**Last Update - 25 Oct. 2024 - R1**

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