

# Half a Man

拍數: 48                      牆數: 2                      級數: Phrased Intermediate  
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音樂: Half A Man - Calum Scott



Introduction: 4 counts Sequence: AABCC' tag ABCC'CC'

## PART A (16 counts):

1-8                      3x STEP w/SWEEP, COASTER FWD, 3x BACK w/SWEEP, BEHIND SIDE CROSS  
1-2-3                    Step RF forward sweeping LF forward, Step LF forward sweeping RF forward, Step RF  
                                 forward sweeping LF forward  
4&a                      Step LF forward, Step RF together, Step LF back  
5-6-7                    Step RF back sweeping LF back, Step LF back sweeping RF back, Step RF back sweeping  
                                 LF back  
8&a                      Cross LF behind RF, Step RF side, Cross LF over RF

## [9-16] 3x SWAY, BEHIND SIDE CROSS, SWAY, ½ SWAY, SWAY

1-2-3                    Step RF side swaying R, Recover on LF side swaying L, Recover on RF side swaying R  
4&a                      Cross LF behind RF, Step RF side, Cross LF over RF  
5-6                      Step RF side swaying R, ¼ turn L... Step LF forward (9:00)  
7-8                      ¼ turn L... Step RF side swaying R, Recover on LF side swaying L (6:00)

## PART B (16 counts):

### [1-8] CROSS SAMBA, SHUFFLE FWD, ½, SHUFFLE BACK, ROCK BACK, FULL TURN, STEP, FULL TURN PRESS, SWIVEL, TOGETHER

&a1                      Cross RF over LF, Rock LF side, Recover on RF side  
&a2                      Step LF forward, Step RF together, Step LF forward  
&                          ½ turn L... Step RF back (6:00)  
3e&                      Step LF back, Step RF together, Step LF back  
4&                          Rock RF back, Recover on LF forward  
5&6&                    ½ turn L... Step RF back, ½ turn L... Step LF forward, Step RF forward, ½ turn R... Step LF  
                                 back (12:00)  
7-8&a                    ½ turn R... Press R toe forward, Swivel R heel out, Swivel R heel center, Step RF together  
                                 (6:00)

### [9-16] ROCK FWD & ROCK FWD & STEP, ½ PREP, SPIRAL FULL TURN, 3x RUN

1-2&                    Rock LF forward, Recover on RF back, Step LF together  
3-4&                    Rock RF forward, Recover on LF back, Step RF together  
5-6                      Step LF forward, ½ turn R... Stay weight on LF back (12:00)  
7-8&a                    Step RF forward with spiral full turn L..., Step LF forward, Step RF forward, Step LF forward  
                                 (12:00)

Option 8&a: Step LF forward, ½ turn L... Step RF back, ½ turn L... Step LF forward

## PART C (16 counts):

### [1-8] :2x STEP w/SWEEP, 2x TWINKLE, ½, 2x BACK w/SWEEP, WEAVE ¼, STEP ½ TURN

1-2                      Step RF forward sweeping LF forward, Step LF forward sweeping RF forward  
3&a                      Cross RF over LF, Rock LF side, Recover on RF side  
4&a                      Cross LF over RF, Rock RF side, Recover on LF side  
5-6                      ½ turn L... Step RF back sweeping LF back, Step LF back sweeping RF back (6:00)  
7&a                      Cross RF behind LF, Step LF side, Cross RF over LF  
8&a                      ¼ turn L... Step LF forward, Step RF forward, ½ turn L... Step LF forward (9:00)

### [9-16] 2x STEP w/SWEEP, TWINKLE ¼, TWINKLE ½, ROCKING CHAIR

1-2 Step RF forward sweeping LF forward, Step LF forward sweeping RF forward  
3&a Cross RF over LF,  $\frac{1}{4}$  turn R... Rock LF side, Recover on RF side (12:00)  
4&a Cross LF over RF,  $\frac{1}{4}$  turn L... Step RF back,  $\frac{1}{4}$  turn L... Step LF side (6:00)  
5-6 Rock RF forward, Recover on LF back  
7-8 Rock RF back, Recover on LF forward

**PART C' (16 counts): Identical to PART C except last 4 counts**

**[13-16] ROCK FWD, SWEEP, 2x SAILOR STEP**

5-6 Rock RF forward, Recover on LF back sweeping RF back  
7&a Cross RF behind LF, Step LF side, Step RF side  
8&a Cross LF behind RF, Step RF side, Step LF side

**TAG (8 counts):**

**[1-8] 2x STEP w/SWEEP,  $\frac{1}{2}$  DIAMOND SHAPE FALLAWAY, SWEEP, TOGETHER w/KNEE POP**

1-2 Step RF forward sweeping LF forward, Step LF forward sweeping RF forward  
3&4& Cross RF over LF,  $\frac{1}{8}$  turn R... Step LF back, Step RF back, Step LF back (1:30)  
5&6  $\frac{1}{8}$  turn R... Step RF side,  $\frac{1}{8}$  turn R... Step LF forward, Step RF forward starting sweep LF forward  $\frac{1}{8}$  turn R... (6:00)  
7-8 Continue sweep pointing L toe forward, Step LF together popping R knee

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