

Ladies Man

拍數: 32 牆數: 4 級數: Improver
編舞者: Stephen Sunter (UK)
音樂: Ladies Man - Liberty Free



Count all of the listed songs at half speed ("cut time")

POINT RIGHT TOE FORWARD, SIDE, SLAP HEEL, POINT RIGHT TO SIDE, STEP RIGHT IN PLACE

1-2 Point right toe forward, point right toe to right side
3& Lift right behind left and slap right heel with left hand, point right toe to right side
4 Step right next to left

POINT LEFT TOE FORWARD, SIDE, SLAP HEEL, POINT LEFT TO SIDE, STEP LEFT IN PLACE

5-6 Point left toe forward, point left toe to left side
7& Lift left behind right and slap left heel with right hand, point left toe to left side
8 Step left next to right

STEP ¼ TURN RIGHT, PIVOT ½ TURN RIGHT, RIGHT COASTER STEP

9-10 Step right making a ¼ turn, pivot ½ turn right on ball of right foot stepping weight onto left
11&12 Step back on right, step left next to right, step forward on right

LEFT SHUFFLE, ROCK FORWARD & BACK, COASTER STEP, ½ PIVOT RIGHT

13&14 Shuffle forward left, right, left
15-16 Rock forward on right, replace weight to left
17&18 Step back on right, step left next to right, step forward on right
19-20 Step forward left, pivot ½ turn right

HIP BUMPS RIGHT, LEFT, RIGHT, LEFT

21&22 Step forward left and bump hips left, right, left
23&24 Step forward right and bump hips right, left, right
25&26 Step forward left and bump hips left, right, left
27&28 Step forward right and bump hips right, left, right

ROCK FORWARD & BACK, CHA-CHA ½ TURN LEFT

29-30 Rock forward on left, replace weight to right
31&32 Make ½ turn left stepping left, right, left

REPEAT
