

# Like A Man!

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Heather Gargiulo (NZ)  
音樂: Leave Like a Man - Tania Kernaghan



## ROCKING CHAIR, STEP $\frac{3}{4}$ TURN, STEP, FORWARD SHUFFLE

1-2      Rock forward right, recover back onto left  
3-4      Rock back right, recover forward onto left  
5-6      Step forward right then turn  $\frac{3}{4}$  left on ball of right, step forward left  
7&8      Shuffle forward right left right

## STEP $\frac{3}{4}$ TURN, STEP, WALK WALK, STEP $\frac{1}{2}$ TURN, FORWARD SHUFFLE

9-10      Step forward left then turn  $\frac{3}{4}$  right on ball of left, step forward right  
11-12      Walk forward left, walk forward right  
13-14      Step forward left,  $\frac{1}{2}$  turn right onto right  
15&16      Shuffle forward left right left

## SIDE HOLD, CROSS SHUFFLE, SIDE HOLD, CROSS SHUFFLE

1-2      Step right to right side, hold  
3&4      Step left across right, step right to right side, step left across right  
5-6      Step right to right side, hold  
7&8      Step left across right, step right to right side, step left across right

## SIDE ROCK, CROSS SIDE, $\frac{1}{4}$ TURN ROCK, STEP BACK, $\frac{1}{2}$ TURN STEP, $\frac{1}{4}$ TURN

1-2      Rock right to right side, recover onto left in place  
3-4      Step right across left, rock left to left side  
5-6      Turn  $\frac{1}{4}$  right then rock forward onto right in place, step back onto left in place  
7      Turn  $\frac{1}{2}$  right then step forward right  
8      Turn a further  $\frac{1}{4}$  right on ball of right

## SIDE ROCK, FORWARD SHUFFLE, SIDE ROCK, FORWARD SHUFFLE

1-2      Rock step left to left side, recover onto right in place  
3&4      Shuffle forward left right left  
5-6      Rock right to right side, recover onto left in place  
7&8      Shuffle forward right left right

## STEP $\frac{1}{2}$ TURN, LOCK SHUFFLE, SIDE ROCK $\frac{1}{2}$ HINGE, SIDE ROCK, CLOSE

1-2      Step forward left,  $\frac{1}{2}$  turn right onto right  
3&4      Step forward left, lock right behind left, step forward left  
5-6      Rock right to right side, recover onto left in place and  $\frac{1}{2}$  hinge right on ball of left  
7-8&      Rock right to right side, recover onto left in place, step right beside left

## SIDE ROCK $\frac{1}{2}$ HINGE, SIDE ROCK, SAILOR, SAILOR

1-2      Rock left to left side, recover onto right in place and  $\frac{1}{2}$  hinge left on ball of right  
3-4      Rock left to left side, recover on to right in place

### The next counts, 5-8, are moving backwards

5&6      Cross left back and behind right, rock right to right side, recover onto left in place  
7&8      Cross right back and behind left, rock left to left side, recover onto right in place

## BACK BACK, BACK COASTER, WALK WALK, STEP $\frac{1}{2}$ TURN

1-2      Step back left, step back right

3&4 Step back left, step right beside left, step forward left  
5-6 Walk forward right, walk forward left  
7-8 Step forward right, ½ turn left onto left

**REPEAT**

**TAG**

On walls 2, 4, 5, and 6, miss out the first 16 counts and dance only counts 17-64

**ENDING**

Replace the last ½ turn of the dance with a full turn left to bring you back to the front, and step right out to right side

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