

Man Enough

拍數: 32 牆數: 4 級數: Improver
編舞者: Jo Everhart (USA)
音樂: Hey Sexy Lady - Shaggy



STEP, TOUCH, SHUFFLE FORWARD RIGHT-LEFT-RIGHT

1-2 Step forward on left foot, (bending left knee) slide right toe way out to right and touch it
3&4 Shuffle forward (right-left-right)

STEP, TOUCH, SHUFFLE FORWARD RIGHT-LEFT-RIGHT

5-6 Step forward on left foot, (bending left knee) slide right toe way out to right and touch it
7&8 Shuffle forward (right-left-right)

TOE TOUCH, TURN, STEP-TOGETHER-STEP

9-10 Touch left toe slightly back, turn $\frac{1}{4}$ wall to left (keeping weight on right foot)
11&12 Step left foot to left, step right foot next to left foot, step left foot to left

TOE TOUCH, TOE TOUCH, KICK, HOLD, TOE TOUCH, KICK

13&14 Touch right toe slightly right (pressing weight into ball of foot), touch right toe again, kick right foot slightly to right (toe pointed as you push to weight back to home position)
15&16 Hold for one count, touch right toe to right again (same pressing position), kick right foot slightly to right (toe pointed pushing back to home position)

JAZZ BOX

17-18 Cross right foot over left foot, step back on left foot
19-20 Step right foot to right, step forward on left foot

STEP, PIVOT, WALK, WALK

21-22 Step forward on right foot, pivot $\frac{1}{2}$ wall to left and stepping on left foot
23-24 Walk forward right, walk forward left

STEP, DRAG & TOUCH, STEP, DRAG & TOUCH

25-26 Step large step toward right corner with right foot (angling body toward left corner), drag left foot up next to right foot and touch toe in home position
27-28 Step large step toward left corner with left foot (angling body toward right corner), drag right foot up next to left foot and touch right toe in home position

STEP BACK & OUT, STEP BACK & OUT, TORSO SHIFTS

29-30 Step back and slightly out with right foot (as you square up to front wall), step back and slightly out with left foot (legs should be about shoulder width apart), hold for one count
31&32 Shift torso to right (raising right shoulder), return to center (lowering shoulder), shift torso to right (raising right shoulder)

REPEAT
