

Man Of Me

拍數: 32 牆數: 4 級數: Improver
編舞者: Maureen Jones (UK) & Michelle Jones (UK)
音樂: Man of Me - Gary Allan



ROCK, SYNCOPATED EXTENDED VINE, HOLD, STEP, ROCK

1-2 Rock right across left, rock back onto left
3&4& Step right to right, step left across right, step right to right, step left behind right
5-6 Step right slightly larger step to right, hold
&7-8 Step left beside right, rock right to right side, recover weight left onto left

SAILOR STEPS, TOUCH, UNWIND ½ TURN, COASTER

9&10 Step right behind left, step left to left, step right to right
11&12 Step left behind right, step right to right, step left to left
13-14 Touch right behind left, unwind ½ turn right (weight now on right)
15&16 Step left back, step right beside left, step left forward

SIDE KICKS, SYNCOPATED SIDE STEPS, KICK, SAILOR, SAILOR-CROSS

17-18 Kick right to right side twice
&19-20 Step right to right, step left beside right, kick right to right side
21&22 Step right behind left, step left to left, step right to right
23&24 Step left behind right, step right to right, step left across right

HEEL GRIND ¼ TURN, BACK SHUFFLE, ½ TURN, SHUFFLE, PRISSY STEPS

25-26 Grind right heel to right side making ¼ turn right, step back on left
27&28 Shuffle back on right, left, right
29&30 Make ½ turn left and then shuffle forward on left, right, left
31-32 Step right across left angling body slightly to left, step left across right angling body slightly to right (with attitude)

REPEAT

TAG

Insert the following 2 counts immediately after count 16 of the 6th wall (following the words "It ain't just about me any more")

1-2 KICK RIGHT TO RIGHT SIDE, TOUCH RIGHT BESIDE LEFT

Then continue dance from count 17 onward
