

Man Smart, Woman Smarter

COPPER KNOB
STEPPERS

拍數: 0 牆數: 2 級數: Intermediate
編舞者: Melora Saunders (USA) & Michael Weeks (USA)
音樂: Man Smart, Woman Smarter - C.J. Chenier & The Red Hot Louisiana Band



Sequence: AB, AB, CC, A(16 counts), BD, BD, AA, BB, A

PART A

SYNCOPATED JAZZ BOX 1-½ PADDLE TURN RIGHT, SYNCOPATED JAZZ BOX 1-½ PADDLE TURN LEFT

1&2 Weight starts on left foot, cross right foot over left, step back left, step in place with the right
3&4 Weight starts on the right foot, cross left foot over right, step back right, step in place with the left

Paddle turn to the right 1-½ turns (facing back wall)

5 Small step right to right side turning ¼ right starting a right paddle turn
& Continuing right paddle turn with right foot slightly behind left, step on ball of left foot
6 Replace weight to right foot continuing right turn
& Right paddle turn with left foot slightly behind right, step on ball of left foot
7 Replace weight to right foot completing paddle turn
& Right paddle turn with left foot slightly behind right, step on ball of left foot
8 Replace weight to right foot completing paddle turn

You may opt to only rotate ½ turn with paddles turns instead of 1 ½ turn by just taking smaller steps!

1&2 Weight starts on the right foot, cross left foot over right, step back right, step in place with the left
3&4 Weight starts on the left foot, cross right foot over left, step back left, step in place with the right

Paddle turn to the left 1-½ turns (end facing the front wall)

5 Small step left to left side turning ¼ left starting a left paddle turn
& Continuing left paddle turn with right foot slightly behind left, step on ball of right foot
6 Replace weight to left foot continuing left turn
& Left paddle turn with right foot slightly behind left, step on ball of right foot
7 Replace weight to left foot completing paddle turn
& Left paddle turn with right foot slightly behind left, step on ball of right foot
8 Replace weight to left foot completing paddle turn

You may opt to only rotate ½ turn with paddles turns instead of 1 ½ turn

MAMBO FORWARD, MAMBO BACK, HEEL TWISTS ¼ TURN

1&2 Right rock step forward and recover weight on left, step right next to left
3&4 Left rock step back and recover weight on right, step left next to right
5-6 Twist heels to the left to make ¼ turn to the right
7&8 Twist heels left, right left

MAMBO FORWARD, MAMBO BACK, HEEL TWISTS ¼ TURN

1-8 Repeat last 8 counts

PART B

TOUCH KICK, COASTER STEP, STEP, TOUCH KICK COASTER STEP, STEP (Chorus, that's right, women are smarter!)

&1 Touch right toe beside left foot - kick right foot forward
2&3 Coaster step back on right together on left and forward on right
4 Step left foot forward

- &5 Touch right toe beside left foot - kick right foot forward
6&7 Coaster step back on right together on left and forward on right
8 Step left foot forward

PART C

CAJUN JOGS FORWARD, BACK SKIPS & FORWARD STOMP

- 1&2& Step forward right, left, right, hitch left knee
3&4& Step forward left, right, left, hitch right knee
5& Step back right, hitch left with small hop on right foot
6& Step back left, hitch right with small hop on left foot
7& Step back right, hitch left with small hop on right foot
8 Quickly change weight to left foot & stomp right foot

SAILOR LEFT, SAILOR RIGHT, TOE POINTS AND SAILOR LEFT

- 1&2 With weight on right sailor step left, right, left
3&4 Sailor step right, left, right
5-6 Point left toe forward and side
7&8 Sailor step left, right, left

PART D

HEEL JACKS ½ TURN TO THE LEFT

- &1 Step onto right foot extending left heel out to side
&2 Step left foot across right
&3 Step onto foot extending right heel out to side
&4 Step right across left
&5 Step onto right foot extending left heel out to side
&6 Step left beside right & cross right over left
7-8 Unwind ½ turn to the left. Weight stays on the left foot

FINALE

The dance ends on the last mambo back with this change to end dance facing the front wall

- 1&2 Right rock step forward and recover weight on left, step right next to left
3&4 Left rock step back and recover weight on right, step left next to right
5-6 Point right toe to right side, ¾ right Monterey turn, weight on right (end facing front wall)
7-8 Left foot cross over right, toe touch & snap your fingers, arms out
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