

# The Real Man

拍數: 32      牆數: 4      級數: Improver west coast swing  
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音樂: Real Man - Bonnie Raitt



## STEP, POINT, STEP POINT, STEP, POINT, STEP, POINT

- 1 Cross left foot in front of right foot
- 2 Point right foot to the right
- 3 Cross right foot in front of left foot
- 4 Point left foot to the left
- 5 Cross left foot in front of right foot
- 6 Point right foot to the right
- 7 Cross right foot in front of left foot
- 8 Point left foot to the left

## SAILOR STEP WITH ½ TURN LEFT, TOE, BUMP HIPS, SAILOR STEP, SAILOR STEP

- 1 Cross left foot behind right foot
- & ½ turn left, step right foot back
- 2 Step left foot forward
- 3 Right toe to the right, bump hips to right
- & Bump hips to left
- 4 Step right foot in place
- 5 Cross left foot behind right foot
- & Step right foot to the right
- 6 Step left foot in place
- 7 Cross right foot behind left foot
- & Step left foot to the left
- 8 Step in place

## SAILOR STEP WITH ¼ TURN LEFT, WALK, WALK, ANCHOR, COASTER STEP

- 1 Cross left foot behind right foot
- & ¼ turn left step right foot back
- 2 Step left foot forward
- 3 Step right foot forward
- 4 Step left foot forward
- 5 Touch right foot next to left foot
- & Step left foot in place
- 6 Step right foot back
- 7 Step left foot back
- & Step right foot next to left
- 8 Step left foot forward

## WALK, TURN, KICK BALL CHANGE, WALK, TURN, KICK BALL TOUCH

- 1 Step right foot forward
- 2 Turn ¼ left
- 3 Kick right foot forward
- & Close right foot on ball of right foot
- 4 Close left foot next to right foot
- 5 Step right foot forward
- 6 Turn ¼ left
- 7 Kick right foot forward

& Close right foot on ball of right foot  
8 Touch left foot next to right foot

**REPEAT**

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