

Simple Man

拍數: 32 牆數: 4 級數: Improver
編舞者: Sam Armstrong (UK) & Ruth Armstrong (UK)
音樂: I Am a Simple Man - Ricky Van Shelton



TOE, HEEL, CROSS ROCK (TWICE)

1-2 Right toe to left instep, right heel to left instep
3&4 Cross rock right over left, recover weight on left, replace right next to left
5-6 Left toe to right instep, left heel to right instep
7&8 Cross rock left over right, recover weight on right, replace left next to right

SIDE ROCK, ½ TURNING SHUFFLE, SIDE ROCK, CROSS SHUFFLE

9-10 Step right to right side, recover weight on left
11&12 Triple step right, left, right (making ½ turn to left)
13-14 Rock left to left side, recover weight on right
15&16 Cross left over right, right to right side, cross left over right

STOMP, HOLD, LEFT SAILOR STEP (TWICE)

17-18 Stomp right to right side, sway both arms to right, hold
19&20 Left behind right, right to right side, left step in place
21-22 Stomp right to right side, sway both arms to right, hold
23&24 Left behind right, right to right side, left step in place

Steps 17-24 should travel slightly to right

UNWIND ¾ TURN RIGHT, HIP BUMPS, 2 PIVOT TURNS

25-26 Step right behind left, unwind ¾ turn right
27&28 Bump hips left, right, left
29-30 Step forward right, ½ pivot turn left
31-32 Step forward right, ½ pivot turn left

REPEAT
