

I Am A Man

拍數: 32 牆數: 4 級數: Improver
編舞者: Bill "Bongo" Mason (UK)
音樂: I Want a Man - Lace



KICK BALL CHANGE TWICE, RIGHT SHUFFLE FORWARD, STOMP LEFT, RIGHT

1&2 Kick right foot forward, close right foot beside left foot, step left foot in place (kick ball change)
3&4 Kick right foot forward, close right foot beside left foot, step left foot in place (kick ball change)
5&6 Step forward on right foot, close left foot beside right foot, step right foot forward (shuffle)
7-8 Stomp left foot beside right foot, stomp right foot in place

STEP BACK LEFT, ½ TURN RIGHT, STOMP LEFT, STEP RIGHT, LEFT, CROSS RIGHT, JUMP RIGHT, STEP LEFT

9-10 Step back on left foot, pivot ½ turn right (weight on right foot)
11-12 Stomp left foot beside right foot, step right foot in place
13-14 Step left foot to side, cross right foot behind left foot, bring weight onto left foot
&15&16 Jump right foot over left foot, stepping left foot to side

ROCK SWAYS, STOMP RIGHT, LEFT (OUT OUT, IN IN), STEP RIGHT, CROSS LEFT, JUMP LEFT, STEP RIGHT

17-18 Rock to side on right foot, rock to side on left foot (out-out) (rock sways)
19-20 Stomp right foot beside left foot, stomp left foot in place in-in)
21-22 Step right foot to side, cross left foot behind right foot, bring weight onto right foot
&23&24 Jump left foot over right foot, stepping right foot to side

CROSS LEFT, STEP RIGHT BACK, STEP LEFT, ½ TURN LEFT, STEP RIGHT, LEFT, SHUFFLE FORWARD RIGHT, STEP FORWARD RIGHT, ¼ TURN RIGHT

25-28 Cross left foot over right foot, step right foot back, step left foot ½ turn left, step right foot beside left foot
29&30 Step forward on left foot, close right foot beside left foot, step left foot forward (shuffle)
31-32 Step forward on right foot making ¼ turn left (weight remains on left foot)

REPEAT
