

# Be The Man

拍數: 32      牆數: 4      級數: Improver  
編舞者: Brenda Pocock (UK) & Gary Steele (UK)  
音樂: I'm Gonna Be (500 Miles) - The Proclaimers



## WALK FORWARD AND POINT, WALK BACK AND TOUCH

1-4      Walk forward right, left, right, point left to left side  
5-8      Walk back left, right, left, touch right next to left

## MONTEREY ½ RIGHT TWICE

1-2      Point right to right side, make a ½ turn over right shoulder closing right foot  
3-4      Point left to left side, close left next to right  
5-6      Point right to right side, make a ½ turn over right shoulder closing right foot  
7-8      Point left to left side, close left next to right

## POINT CROSS TWICE, RIGHT JAZZ BOX ¼ TURN

1-2      Point right to right side, cross right over left  
3-4      Point left to left side, cross left over right  
5-8      Cross right over left, step left back making an ¼ right, step right to right side, step forward on left foot

## SIDE ROCK RECOVER, BEHIND-SIDE CROSS TWICE

1-2      Rock right out to right side, recover weight onto left  
3&4      Step right behind left, step left to left side, cross right over left  
5-6      Rock left out to left side, recover weight onto right  
7&8      Step left behind right, step right to right side, cross left over right

## REPEAT

### TAG 1

At end of wall 7

1-2      Forward rock right, recover onto left  
3&4      Right coaster step  
5-6      Forward rock left, recover onto right  
7&8      Left coaster step

### TAG

At end of wall 9 there is an awkward count tag, but it is very simple:

1-2      Step right forward, pivot ½ turn left changing weight onto left  
3-4      Step right forward, pivot ½ turn left changing weight onto left

After this part hold for 2 counts then repeat tag 1 again