

# Atomic Man

拍數: 32      牆數: 4      級數:  
編舞者: Steve Mason (UK)  
音樂: I'm Your Man - Enrique Iglesias



## CROSS STEPS, ROCK, REPEAT, TRAVELING SLIGHTLY FORWARD

- 1-2      Angle body on left diagonal, crossing step right foot over left foot bending knees, angle body right diagonal bending knees, crossing left foot over right foot
- 3&4      Angle body on left diagonal, rock right foot across left foot, recover weight onto left foot, rock weight onto right foot, (still crossed)
- 5-8      Repeat counts 1-4 leading with left foot

## RIGHT KNEE IN, ¼ TURN RIGHT, KICK RIGHT, SHUFFLE BACK, TOUCH BACK, REVERSE ½ PIVOT, STEP ½ PIVOT

- 9&10      Bend right knee in to left leg, make a ¼ turn right and kick right foot forward
- 11&12      Step right foot back, close left foot beside right foot, step right foot back
- 13-14      Touch left toes back, reverse ½ pivot turn left
- 15-16      Step right foot forward, make ½ pivot turn left

## FULL TURN FORWARD, RIGHT MAMBO ROCK, LEFT ¼ TOE TOUCHES

- 17-18      Make a full turn anti to the right forward stepping right, left (or walk right left)
- 19&20      Rock forward on right foot, recover weight onto left foot in place, step right foot next to left foot
- 21-22      Touch left toes forward, touch left toes to left side while making ¼ turn left
- 23-24      Touch left toes forward, step left foot ¼ to left

### Follow foot movements with the head

## RIGHT HEEL BALL CROSS, HEEL JACK ¼ TURN LEFT, RIGHT SHUFFLE, LEFT MAMBO

- 25&26      Tap right heel diagonally forward, step right foot into place, cross left foot over right foot
- 27-28      Step right foot to right, while making ¼ turn left touch left heel forward
- &29&30      Step left foot into place, step forward on right foot, close left foot beside right foot, step forward on right foot
- 31&32      Rock forward on left foot, recover weight onto right foot, step left foot next to right foot

## REPEAT

When dancing to "Atomic" you can do it more hip hop style if you have the energy.

## REPLACE STEP 1-8 WITH MODIFIED RUNNING MAN STEPS

- 1&      Step right foot diagonally across left foot, slide right foot back while hitching left knee
- 2&      Step left foot diagonally across right foot, slide left foot back while hitching right knee
- 3&4      Rock right foot over left foot, recover weight onto left foot, rock weight onto right foot
- 5-8      Repeat counts 1-4 leading with left foot