

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