

Measure of a Man

拍數: 64 牆數: 2 級數: Easy Intermediate
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音樂: The Measure of a Man - Bobby D. Sawyer



Intro: 32 counts intro

Rock, Recover, Step Back, Hold, Back, Lock, Back, Hold.

1-2-3-4 Rock forward on right, recover on left, step back on right, hold
5-6-7-8 Step back on left, lock right in front of left, step back on left, hold

Side Rock, Recover, Cross, Hold, ¼ Turn, ¼ Turn, Step, Hold.

1-2-3-4 Rock to the side on right, recover on left, cross right over left, hold
5-6-7-8 Turn ¼ right step back on left, turn ¼ right step to the side on right, step forward on left, hold

Restart during wall 3

Rock, Recover, Step Back, Hold, Back, Lock, Back, Hold.

1-2-3-4 Rock forward on right, recover on left, step back on right, hold
5-6-7-8 Step back on left, lock right in front of left, step back on left, hold

Side Rock, Recover, Cross, Hold, ¼ Turn, ½ Turn, Step, hold.

1-2-3-4 Rock to the side on right, recover on left, cross right over left, hold
5-6-7-8 Turn ¼ right step back on left, turn ½ right, step. forward on right, step forward on left, hold

Toe Struts 2x, Side, Together, Side, Hold.

1-2-3-4 Side toe strut to right side, crossing toe strut with left over right
5-6-7-8 Step right to right side, step left together, step right to right side, hold

Rock Back, Recover, Side, Hold, Step, ½ Turn, Step, Hold.

1-2-3-4 Rock back on left, recover on right, step to the side on left, hold
5-6-7-8 Step forward on right, turn ½ left step forward on left, step forward on right, hold

½ Turn, ½ Turn, Step, Hold, Rocking Chair.

1-2-3-4 Turn ½ right, step back on left, turn ½ right step forward on right, step forward on left, hold
5-6-7-8 Rock forward on right, recover on left, rock back on right, recover on left

Step, ¼ Turn, Cross, Hold, Side, Together, Side, Hold.

1-2-3-4 Step forward on right, turn ¼ left (weight on left), cross right over left, hold
5-6-7-8 Step left to left side, step right together, step left to left side, hold

Restart: During wall 3, after 16 counts (start again-wall 4)

Tag: At the end of wall 5 there is a tag of 8 counts

Rock, Recover, Step Back, Hold, Rock, Recover, Step forward hold.

1-2-3-4 Rock forward on right, recover on left, step back on right, hold
5-6-7-8 Rock back on left, recover on right, step fwd. on left, hold

Tag: At the end of wall 6 there is a 4 counts tag

rocking chair

1-2-3-4 rock fwd. on right, recover on left, rock back on right, recover on left