

I'm a Man Not a Woman

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: Improver
編舞者: Edward Tam (MY) - January 2011
音樂: A Man Is Not a Woman - Lou Bega : (CD: Free Again)



Intro: Start after 32 Counts or start on vocals

[1-8] Front Samba X2, ½ Turn X2

- 1 Step right leg forward
- &2 Rock left leg back and recover onto right
- 3 Step left leg forward
- &4 Rock right leg back and recover onto left
- 5-6 Step right leg forward and ½ left turn (Turn Anti Clockwise facing 6.00)
- 7-8 Step right leg forward and ½ left turn (Turn Anti Clockwise facing 12.00)

[9-16] Side Samba X2, Paddle X2

- 1 Step right leg in front of left leg
- &2 Rock left leg to the left side and recover on the right
- 3 Step left leg in front of right leg
- &4 Rock right leg to the right side and recover on the left
- 5-6 Step right leg in front left leg then paddle ¼ to left (facing 9.00)
- 7-8 Step right leg in front left leg then paddle ¼ to left (facing 6.00)

[17-24] Samba Front, Samba Back

- 1 Step right leg in front on left
- &2 Move left behind right and recover onto right
- 3 ½ turn left leg to the left (facing 12.00)
- &4 Move right leg behind left and recover onto left
- 5 ½ turn right leg to the right (facing 6.00)
- &6 Move left behind right and recover onto right
- 7 ½ turn left leg to the left (facing 12.00)
- &8 Move right leg behind left and recover onto left

[25-32] Sway Hips X2, Coaster Step, ½ Turn and Kick Ball Change

- 1-2 Sway hips over to the right, sway hips over to the left
- 3&4 Step right leg back, move right leg next to left, step right leg forward
- 5 ½ left right turn both leg (Turn Anti Clockwise facing 6.00)
- 6 Step left Leg forward
- 7&8 Kick right leg forward, step right leg back, recover on left.

Repeat until the end of dance with no tag.

Have Fun & Enjoy the Dance!