

Man of Mine

拍數: 64 牆數: 4 級數: High Improver
編舞者: Martie Papendorf (SA) - August 2011
音樂: Mansmens van My - Helene Bester : (3:44)



Start - On Lyrics

S1: Rock Fwd Back Side Side, ¼ Sailor turn, Cross

1,2,3,4 Rock R fwd, Recover L back, Rock R out to right side, Recover L to left side,
5,6, Sweep R out and cross behind L making ¼ turn right, Recover L to left side 3.00
7,8 Step R to right side, Step L across R,

S2: Side, Behind, Side, Cross, ¼ Turn, ¼ Turn, Step, Cross

1,2 Step R to right side, Cross L behind R,
3,4 Step R to right side, Step L across R ,
5,6 Step R fwd making ¼ turn right, Step L fwd and turn ¼ right on ball of L, 9.00
7,8 Step R to right side, Step L across R

S3: Step, Sway fwd, Sway back, Hook, Fwd, Lock, Turn, Back

1,2 Step R fwd, Sway fwd to right diagonal,
3,4 Sway back onto L, Hook R across L (low across ankle), 9.00
5,6 Step R fwd to right diagonal, Lock L behind R,
7,8 Step R fwd to 12.00 and turn ½ right on ball of R, Step L back, 6.00

S4: Back, HOLD, Back, HOLD, Step, Close, Fwd, Close

1,2 Walk back R, HOLD,
3,4 Walk back L, HOLD
5,6 Step R next to L, Close L next to R,
7,8 Step R fwd, Close L next to R,

S5: Fwd, HOLD, ½ turn R, HOLD, Triple ½ turn R, Sweep

1,2 Step R fwd, HOLD,
3,4 Step L back making ½ turn right, HOLD 12.00
5,6,7,8 Making ½ triple turn right step R, L, R , Sweep L from back to front, 6.00

S6: Step, HOLD, Sweep over 2 counts, ¼ Sailor left, HOLD

1,2 Step L across R with no weight (bending knees slightly), HOLD
3,4 Sweep L from front to back over 2 counts (rising up slightly),
5,6 Making ¼ turn left step L behind R, Step R to right side,
7,8 Recover L to left side, HOLD 3.00

S7: Skate Close Skate Touch, Skate L R,

1,2 Skate R fwd to right diagonal, Close L behind R,
3,4 Skate R fwd to right diagonal, Touch L next to R
5,6 Skate L to fwd over 2 counts,
7,8 Skate R to fwd over 2 counts

S8: Skate Close Skate Touch, Skate R L,

1,2 Skate L fwd to left diagonal, Close R behind L,
3,4 Skate L fwd to left diagonal, Touch R next to L,
5,6 Skate R fwd over 2 counts,
7,8 Skate L fwd over 2 counts

