

This Is A Mans World

拍數: 24 牆數: 2 級數: Easy Intermediate
編舞者: Roy Verdonk (NL) - September 2011
音樂: It's a Man's World - James Brown



Starts on vocals on the word : this is a mans WORLD, on the word "WORLD"

Side L, Together R, Cross Over L, 1/4 Turn Left, Step Back R,L,R, 1/2 Turn Left, Step L,R,L, 1/4 Turn Left With Sweep R, Weave To Left, Sway L/R

- 1, 2, &a LF step to left, RF step together, LF cross in front of RF(&), make 1/4 turn left while stepping RF back (a) 9 o'clock
3, 4, &a LF step back, RF step back, make 1/2 turn left while stepping LF forward(&), RF step forward(a) 3 o'clock
5, LF step forward whilst making 1/4 turn left and sweeping RF from back to front 12 o'clock
6, &a RF cross in front of LF, LF step to left(&), RF cross behind LF(a)
7, 8 sway hips to left, sway hips to right

Cross Samba Left, Cross Samba Right With 1/4 Turn Right, Step Back L,R, Sailor L With 1/4 Turn Right, Step Forward R, 1/2 Turn Left ,1/2 Turn Right, Walk Forward L, R

- 1, &a LF cross in front of RF, RF rock to right(&), recover onto LF(a)
2, &a RF cross in front of LF, LF step to left(&), make 1/4 turn right whilst stepping back on RF (a) 3 o'clock
3, 4 LF step back, RF step back
5, &a LF cross behind RF, make 1/4 turn right whilst stepping RF forward(&), LF step forward (a) 6 o'clock
6, 7, 8 RF step forward, ,make 1/2 turn left whilst stepping LF forward, make 1/2 turn right whilst stepping RF forward &ah LF step forward(&), RF step forward(a)

Lock L Behind R, Unwind 3/4 Turn Left, Sweep, Sailor L With 1/4 Turn Right, Step Forward R, 1/2 Turn L, Step Forward L,R, L Cross In Front Of R, Unwind Full Turn Right

- 1, 2, 3 LF lock behind RF, slow 3/4 turn left(weight on RF), sweep LF from front to back 9 o'clock
4, &a LF cross behind RF, make 1/4 turn right whilst stepping RF forward(&), LF step forward (a) 12 o'clock
5, 6, 7 RF step forward, make 1/2 turn left whilst stepping LF forward, RF step forward 6 o'clock
8, & LF cross in front of RF, unwind full turn right(weight ends on RF)

Start again!!!! - no tags, no restarts:)