

Am I The Man

拍數: 88 牆數: 4 級數: Intermediate
編舞者: Sofia (NL) - November 2011
音樂: Am I the Man - Jackie Wilson : (2:31)



Start: After 24 counts – Sequence: Beginning, AA, BB, A, BB, AA

Beginning: 2x ½ pivot left.

1,2 R. step forward
3,4 ½ turn left
5,6 R. step forward
7,8 ½ turn left

Part A: 48 counts

[1-8] R. jazz box cross, ¼ turn left, L. step aside, R. toe strut.

1 R. cross over left foot
2 L. step back
3 R. step to the right side
4 L. cross over right foot
5 ¼ turn left R. step back
6 L. step to the left side
7 R. toe
8 R. heel

[9-16] L. jazz box cross, ¼ turn right, ¼ turn right, L. toe strut.

1 L. cross over right foot
2 R. step back
3 L. step to the left side
4 R. cross over left foot
5 ¼ turn right L. step back
6 ¼ turn right R. step forward
7 L. toe
8 L. heel

[17-24] R. rock, full turn right, R. step back, L. kick, L. cross rock.

1 R. rock forward
2 weight back
3 ½ turn right R. step forward
4 ½ turn right L. step back
5 R. step back
6 L. kick diagonal to the left side
7 L. cross rock behind
8 weight back

[25- 32] L. step , R. behind side cross, L. step, R. step, L. step back, R. hook.

1 L. step to the left side
2 R. cross behind left foot
3 L. step to the left side
4 R. cross over left foot
5 L. step to the left side
6 R. step next to left foot
7 L. step back

8 R. hook

[33-40] R. step, L. toe touch, L. step, R. heel touch, R. step, L. scuff, ½ pivot right.

1 R. step forward
2 L. toe touch behind
3 L. step back
4 R. heel touch forward
5 R. step forward
6 L. scuff
7 L. step forward
8 ½ turn right

[41-48] L. cross, R. point, R. step, L. hitch, L. rock, L. step.

1 L. cross over right foot
2 R. point to the right side
3 R. step back
4 L. hitch
5 L. rock forward
6 weight back
7 L. step back
8 rest

Part B: 32 counts

[1-8] R. shuffle, L. shuffle, rock, ¼ turn right, R. step, L. step aside.

1 R. step forward
& L. step beside right foot
2 R. step forward
3 L. step forward
& R. step beside left foot
4 L. step forward
5 R. rock forward
6 weight back
7 ¼ turn right R. step to the right side
8 L. step next to right foot

[9-16] R. chasse, L. rock back, L. kick ball change, L. step, R. toe touch

1 R. step to the right side
& L. step beside right foot
2 R. step to the right side
3 L. rock back
4 weight back
5 L. kick forward
& L. step beside right foot
6 R. step forward
7 L. step forward
8 R. toe touch behind left foot

[17-24] 2 toe struts back, ½ turn right R. toe strut, ½ pivot right.

1 R. toe back
2 R. heel back
3 L. toe back
4 L. heel back
5 ½ turn right R. toe forward
6 R. heel forward

7 L. step forward

8 ½ turn right

[25-32] L. cross over , R. step, L. cross behind, R. step, apple jacks R.L.R.L.

1 L. cross over right foot

2 R. step to the right side

3 L. cross behind right foot

4 R. step to the right side

(weight on both feet)

& 5 & 6 & 7 & 8 apple jacks R., L., R., L.

Ending: In the last part A after count 26

You add : ¼ turn left L. step forward, R. point next to left foot

Enjoy the dance
