

Men

拍數: 32 牆數: 4 級數: Low Intermediate
編舞者: Jamie Marshall (USA) - December 2011
音樂: Men - Aly'an



Sequence:- 32,32,16,32 rest of way

A. WALK, WALK, ROCK, RECOVER, STEP, WALK, WALK, ROCK, RECOVER, STEP

1,2 Step R forward (1), Step L forward (2)
3&4 Rock R forward (3), Recover onto L (&), Step R next to L (4)
5,6 Step L back (5), Step R back (6)
7&8 Rock L back (7), Recover onto R (&), Step L next to R (8) (12:00)

B. STEP, ¼ PIVOT L, SAILOR, BUMPS

9,10 Step R forward (9), Pivot ¼ L, stepping L in place (10) (9:00)
11&12 Cross R behind L (11), Step L to L (&), Step R to R (12)
13&14 Cross L behind R (13), Step R to R (&), Step L to L (14)
15& Bump hips to R (15), Bump hips to L (&)
16& Bump hips to R (16), Bump hips to L (&) (9:00)

C. SIDE ROCK, ¼ TURN SAILOR, SIDE ROCK, WEAVE

17,18 Rock R to R (17), Recover onto L (18)
19&20 Cross R behind L (19), Turn ¼ L, stepping L forward (&), Step R to R (20) (6:00)
21,22 Rock L to L (21), Recover onto R (22)
23&24 Step L behind R (23), Step R to R (&), Cross L over R (24) 6:00

D. OUT, OUT, IN, IN, STEP, ¼ PIVOT L, KICK-BALL-CHANGE

25,26 Step R to R (25), Step L to L (26)
27,28 Step R to center (27), Step L next to R (28)
29,30 Step R forward (29), Pivot ¼ L, stepping L in place (30) (3:00)
31&32 Kick R forward (31), Step R next to L (&), Step L in place (32) (3:00)

Music available: (www.alyanmusic.com)

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