

Just A Man

拍數: 32 牆數: 2 級數: Improver
編舞者: Don Pascual (FR) - December 2012
音樂: I'm Just a Man - The Lennerockers



Start on vocals (after the intro, 3 counts from the first drum-beat)

Section 1: Step R fwd, touch+clap, step L backward, touch+clap, (flick R+slap, touch) x2

- 1-4 Step R forward (R diagonal), touch L beside R + clap, L step backward (L diagonal), touch R beside L + clap
- 5-6 Flick R to the R + slap R foot with R hand, touch R beside L
- 7-8 Flick R to the R + slap R foot with R hand, touch R beside L

Section 2: Run R, run L, stomp R, stomp L, double knee-pop, double knee-pop

- 1-4 Runs forward R & L, stomp R beside L, stomp L beside R
- 5-8 Double knee pop (push knees forward lifting heels, drop heels) x2

Style: On counts 5 and 7, turn your knees outward while pushing them

Section 3: (Step R fwd, hook L + slap behind R, step L backward, hook R + slap) x 2

- 1-4 Step R forward, hook L + slap behind R, step L backward, hook R across L + slap
- 5-8 Step R forward, hook L + slap behind R, step L backward, hook R across L + slap

Section 4: Step R fwd, flick L with ¼ T to the R, touch L beside R, flick L with ¼ T to the R, stomp L fwd, stomp R beside L, swivel

- 1-2 Step R forward (R diagonal), flick L behind (L diagonal) making a ¼ T to the R
- 3-4 Touch L beside R, flick L behind making a ¼ T to the R
- 5-6 Stomp L forward, stomp R beside L
- 7-8 Swivel both heels to the R, recover

Have fun with this dance...

Contact: countryscal@orange.fr
