

Just A Man

拍數: 48 牆數: 4 級數: Improver
編舞者: Willie Brown (SCO) - March 2013
音樂: I'm Just a Man - Jason Aldean



Intro; 32 counts – 19 secs approx

Section 1: Weave ¼, pivot ½, shuffle forward

1,2,3,4 Cross Right over Left, step Left to Left side, cross Right behind Left, turn ¼ Left and step forward on Left
5,6,7&8 Step forward on Right, pivot ½ Left taking weight on Left, shuffle forward Right, Left, Right

Section 2: Weave ¼, pivot ½, shuffle forward

1,2,3,4 Cross Left over Right, step Right to Right side, cross Left behind Right, turn ¼ Right and step forward on Right
5,6,7&8 Step forward on Left, pivot ½ Right taking weight on Right, shuffle forward Left, Right, Left

Section 3: Rock, recover, coaster step, 2x ½ pivot

1,2,3&4 Rock forward on Right, recover weight back on Left, step back on Right, close Left beside Right, step forward on Right
5,6,7,8 Step forward on Left, pivot ½ Right taking weight on Right, step forward on Left, pivot ½ Right taking weight on Right

Section 4: Left side rock, behind side cross, Right side rock, ¼ sailor

1,2,3&4 Rock Left out to Left side, recover weight on Right, cross Left behind Right, step Right to Right side, cross Left over Right
5,6,7&8 Rock Right out to Right side, recover weight on Left, cross Right behind Left, turning 1/8 Right stepping Left to Left side, turn 1/8 Right stepping slightly forward on Right

Section 5: Forward rock, 2 x shuffle back, back rock

1,2,3&4 Rock forward on Left, recover weight back on Right, shuffle back Left, Right, Left
5&6,7,8 Shuffle back Right, Left, Right, rock back on Left, recover weight forward on Right

Section 6: Forward rock, coaster cross, Right side rock, ½ sailor cross, side

1,2,3&4 Rock forward on Left, recover weight back on Right, step back on Left, close Right beside Left, cross Left over Right
5,6 Rock Right out to Right side, recover weight on Left
7&8& Cross Right behind Left, turn ¼ Right and step Left to Left side, turn ¼ Right and cross Right over Left, step Left slightly to Left side

...START AGAIN...

Ending; Dance up to end of Section 5 then step forward on Left to finish facing 12 o'clock

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