

Take It Like A Man

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
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音樂: Take It Like a Man - Cher : (CD: Closer To The Truth)



32 Count Intro

HEEL GRIND, COASTER STEP, FORWARD ROCK, SHUFFLE ¼ TURN

1-2 Grind right heel forward, recover onto left
3&4 Step back on right, step left beside right, step forward on right
5-6 Rock forward on left, recover onto right
7&8 Shuffle ¼ left stepping – left, right, left (9)

CROSS ROCK, KICK BALL CROSS, STEP RIGHT, TOUCH, POINT AND POINT

1-2 Cross rock right over left, recover onto left
3&4 Kick right foot forward, step right beside left, cross left over right
5-6 Large step to right, touch left beside right
7&8 Point left to left side, step left beside right, point right to right side

BACK ROCK, SHUFFLE FORWARD, CROSS, BACK, COASTER STEP

1-2 Rock back on right, recover onto left
3&4 Step forward on right, close left beside right, step forward on right
5-6 Cross left over right, step back on right
7&8 Step back on left, step right beside left, step forward on left

STEP PIVOT ¼ LEFT, STEP PIVOT ¼ LEFT, JAZZ TOUCH

1-2 Step forward on the right, pivot ¼ turn left (6)
3-4 Step forward in the right, pivot ¼ turn left (3)
5-6 Cross right over left, step back on left
7-8 Step right to right side, touch left beside right

Restart Here on Wall 2 and only at this point on the Jazz Box put full weight on left foot

FORWARD ROCK, SIDE MAMBO STEPS X2

1-2 Rock forward on left, recover onto right
3&4 Rock left to left side, recover onto right, step left beside right
5-6 Rock forward, on right, recover onto left
7&8 Rock right to right side, recover onto left, step right beside left

FORWARD ROCK, SIDE ROCK, BACK KICK, BACK KICK.

1-2 Rock forward on the left, recover weight on the right
3-4 Rock left to left side, recover weight on the right
5-6 Step back on the left, kick right forward with a clap
7-8 Step back on the right, kick left foot forward with a clap

REVERSE ROCKING CHAIR, SIDE ROCK, CROSS, HOLD

1-4 Rock back on left, recover onto right, rock forward on left, recover onto right
5-8 Rock left to left side, recover onto right, cross left over right, Hold

RIGHT SHUFFLE BACK, LEFT SHUFFLE ½ TURN, STEP ½ TURN STEP, TOUCH , CLAP

1&2 Step back on right, step left beside right, step back on the right
3&4 Shuffle ½ turn stepping - left, right, left
5-6 Step forward on the right, pivot ½ turn
7-8 Touch right beside left. Hold/Clap

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