

Count: 40

Wand: 2

Ebene: Improver

Choreograf/in: Betty McNeill (UK)

Musik: I Am a Man of Constant Sorrow - The Soggy Bottom Boys



WALKS FORWARD WITH PAUSES - FORWARD COASTER WITH HOOK

- 1-4 Walk forward right foot, pause, walk forward left foot, pause
5-8 Rock forward right foot, rock back onto left foot, step back, hook left foot in front of right

STEP LOCK STEP - HEEL TWIST WITH ¼ TURN RIGHT

- 9-12 Step forward left foot, lock right foot behind left foot, step forward left foot, pause
13-16 Twist both heels left, then center, twist both heels left turning ¼ right, pause

STRUTS RIGHT AND LEFT - ROCKS AND STEP HOOK WITH ½ TURN LEFT

- 17-20 Step forward on right toe, drop heel, step forward on left toe, drop heel
21-24 Rock forward on right foot, rock back onto left foot, step back on right foot turning ½ left, hook left foot in front of right leg
25-32 Repeat above 8 counts (reversing) beginning with left foot and turn ¾ to right

End facing back wall

STEPS AND SCUFF - VINE LEFT WITH PAUSE

- 33-40 Step right, left, right, scuff left foot, step left foot to left side, step right foot behind left foot, step left foot to left side, pause (feet apart)

REPEAT

TAG

Danced after walls 2, 5, 8, 11, and 14

APPLEJACKS/COMBINATION

- 1-8 Slow applejack to left clapping on counts 2-4, slow applejack to right clapping on counts 6-8
9-16 Applejacks left-right-left-right (2 counts each)

Easier option

- 1-8 Swivel on balls of feet to left and clap to right and clap, swivel to left on balls, heels then balls and clap, repeat travel to right side
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