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| Atomic Man |  |

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| **Count:** | 32 | **Wall:** | 4 | **Level:** |  | . |
| **Choreographer:** | Steve Mason (UK) | | | | |
| **Music:** | I'm Your Man - Enrique Iglesias | | | | |
| . | | | | | | |

**CROSS STEPS, ROCK, REPEAT, TRAVELING SLIGHTLY FORWARD**

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| 1-2 | Angle body on left diagonal, crossing step right foot over left foot bending knees, angle body right diagonal bending knees, crossing left foot over right foot |

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| 3&4 | Angle body on left diagonal, rock right foot across left foot, recover weight onto left foot, rock weight onto right foot, (still crossed) |

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| 5-8 | Repeat counts 1-4 leading with left foot |

**RIGHT KNEE IN, ¼ TURN RIGHT, KICK RIGHT, SHUFFLE BACK, TOUCH BACK, REVERSE ½ PIVOT, STEP ½ PIVOT**

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| 9&10 | Bend right knee in to left leg, make a ¼ turn right and kick right foot forward |

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| 11&12 | Step right foot back, close left foot beside right foot, step right foot back |

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| 13-14 | Touch left toes back, reverse ½ pivot turn left |

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| --- | --- |
| 15-16 | Step right foot forward, make ½ pivot turn left |

**FULL TURN FORWARD, RIGHT MAMBO ROCK, LEFT ¼ TOE TOUCHES**

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| 17-18 | Make a full turn anti to the right forward stepping right, left (or walk right left) |

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| 19&20 | Rock forward on right foot, recover weight onto left foot in place, step right foot next to left foot |

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| --- | --- |
| 21-22 | Touch left toes forward, touch left toes to left side while making ¼ turn left |

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| 23-24 | Touch left toes forward, step left foot ¼ to left |

**Follow foot movements with the head**

**RIGHT HEEL BALL CROSS, HEEL JACK ¼ TURN LEFT, RIGHT SHUFFLE, LEFT MAMBO**

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| 25&26 | Tap right heel diagonally forward, step right foot into place, cross left foot over right foot |

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| 27-28 | Step right foot to right, while making ¼ turn left touch left heel forward |

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| --- | --- |
| &29&30 | Step left foot into place, step forward on right foot, close left foot beside right foot, step forward on right foot |

|  |  |
| --- | --- |
| 31&32 | Rock forward on left foot, recover weight onto right foot, step left foot next to right foot |

**REPEAT**

**When dancing to "Atomic" you can do it more hip hop style if you have the energy.**

**REPLACE STEP 1-8 WITH MODIFIED RUNNING MAN STEPS**

|  |  |
| --- | --- |
| 1& | Step right foot diagonally across left foot, slide right foot back while hitching left knee |

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| --- | --- |
| 2& | Step left foot diagonally across right foot, slide left foot back while hitching right knee |

|  |  |
| --- | --- |
| 3&4 | Rock right foot over left foot, recover weight onto left foot, rock weight onto right foot |

|  |  |
| --- | --- |
| 5-8 | Repeat counts 1-4 leading with left foot |