

Man of Steel

Count: 32

Wall: 4

Level: Experienced Beginner

Choreographer: Sandy Kerrigan (AUS) - December 2024

Music: Lovesick Blues - Niamh Lynn : (iTunes)



Dance Info: Dance starts wt on Left-Dance starts on lyrics.

BPM [158.00] Track Length 2:52

Wall 2 – At count 24 add 6 count tag & restart facing 6:00

End of wall 6 facing 6:00 wall – Right Rocking Chair - restart

End of wall 10 facing 6:00 wall – Right Rocking Chair - restart

R Heel Fwd, Step Together, L Heel Fwd, Step Together, R Fwd Back Rock Chair 12:00

1 2 3 4 R Heel Fwd, Step Together, L Heel Fwd, Step Together

5 6 7 8 Rock Fwd R, Replace Back to L, Rock Back on R, Replace Fwd to L

R Toe Heel Strut Fwd, L Toe Heel Strut Side, R Toe Strut Back, Back Rock, Fwd R 12:00

1 2 3 4 Step Toe Fwd, R Heel Down, L Toe to L Side, L Heel Down

5 6 7 8 Step Toe Back, R Heel Down, Rock Back L, Replace Fwd to R

Cross L over R, Step Side, Behind, Step Side (weave), Cross Rock, Step Side, Hold 12:00

1 2 3 4 Step/Cross L over R, Step R to R, Step L Behind R, Step R to R

5 6 7 8 Cross Rock L over R, Replace Back to R, Step L to L Side, Hold:

Wall 2: **6 count tag here: Tag below

Ending: Facing 12:00 Wall-Drag R to meet L

Stomp R Together, Hold, ¼ R Stomp Side, Hold, Back Rock, Stomp R Fwd, Stomp L to R 3:00

1 2 3 4 Stomp R next to L, Hold, Turning ¼ R-Stomp L to L Side (small ¼ Side), Hold

5 6 7 8 Rock Back on R, Replace Fwd to L, Stomp R Fwd, Stomp L next to R

32

Note: Wall 2- Dance 24 counts to 3:00 - Add the 6 count tag below and restart facing 6:00 Wall

1 2 3 4 Cross R over L, ¼ R-Step Back on L, Step R to R, Step Fwd on L (1/4 Jazz)

5 6 Stomp Fwd R, Stomp L next to R-Restart facing 6:00

Wall 6 and Wall 10-easy 4 count tag facing 6:00

1 2 3 4 Rock Fwd R, Replace to L, Rock Back on R, Replace Fwd to L (Rocking Chair).