

Not Your Man

Count: 32

Wall: 2

Level: Intermediate - Slow

Choreographer: Rigon Noemi (IT) - July 2025

Music: Not Your Man - Teddy Swims



Intro: 32 counts from the first strong beat in the music

Section 1 (1-8) STEP BACK – CROSSING SHUFFLE – SIDE ROCK – WEAVE – HEEL GRIND ¼ TURN

- &1&2 Small step back on right, cross left over right, step right to right side, cross left over right
- 3-4 Rock right to right side, recover on left
- 5&6 Cross right behind left, step left to left side, cross right over left
- 7-8 Grind left heel side left, making ¼ turn left, recover weight on right

Section 2 (9-16) COASTER STEP – SHUFFLE FORWARD – TURN STEP ½ – SHUFFLE TURN ½ BACK

- 1&2 Step back on left, step right beside left, step forward on left
- 3&4 Step forward on right, close left beside right, step forward on right
- 5-6 Step forward on left making ½ turn right (weight on right)
- 7&8 Make ¼ turn right, step left to left side, step right beside left, ¼ turn right step left back

Section 3 (17-24) BACK SWEEPS – BACK CROSS SHUFFLE – ¼ TURN STEP SIDE & POINT TOE SIDE – ¼ RIGHT RECOVER – ¾ RIGHT

- 1-2 Sweep right back, sweep left back
- 3&4 Step right back, cross left over right, step right back with slight upper body turn right
- &5-6 ¼ turn left & step left to left side, point right toe to right side, make ¼ turn right, recover weight on right

Optional: On count 6, as you point toe right, stretch right arm forward in the pointing toe direction (slightly upwards), while left arm bends backwards at shoulder height for styling.

Section 4 (25-32) LONG STEP – CROSS – FULL TURN – LONG STEP – STEP BESIDE – DIAGONAL MAMBO FORWARD

- 1-2 Long step left to left side, step right beside left (keep your weight on left)
- 3-4 Cross right over left, full turn to left (keep your weight on left)
- 5-6 Long step right to right side, step left beside right (keep your weight on right)
- 7&8 Step left over right on right diagonal, recover back on right, step left slightly back

Start again!