

Man or the Song

Count: 32

Wall: 4

Level: Improver

Choreographer: Laurent Chalon (BEL) - July 2025

Music: Man or the Song - Old Dominion



2 Restarts

Intro: 16 Counts

S1: Walk, Walk, Step Lock Step, Rock Forward, ¼ Turn Left & chassé L

- 1-2 Step forward RF, Step forward LF 12:00
- 3&4 Step forward RF, Lock LF behind RF, Step forward RF
- 5-6 Rock forward LF, Recover on RF
- 7&8 ¼ Turn Left stepping LF to left side, Step RF next to LF, Step LF to left side 09:00

S2: Syncopated Cross Rock, Syncopated Side Rock, Rock Forward, Sailor Step, Coaster Step

- 1&2& Cross rock RF over LF, Recover on LF, Rock RF to right side, Recover on LF
- 3-4 Rock forward RF, Recover on LF
- 5&6 Step RF behind LF, Step LF to left side, Step RF slightly forward
- 7&8 Step LF back, Step RF next to LF, Step LF forward*

*Restart here on Wall 7 (starting at 9:00), facing 6:00 after this section

S3: ¼ Turn Left & Step Side, Behind, Side, Together, Side Rock, Behind, Side, Touch

- 1,2 ¼ Turn Left stepping RF to right side, Cross LF behind RF 06:00
- 3& Step RF to right side, Step LF next to RF
- 4-5 Rock RF to right side, Recover on LF
- 6-7-8 Cross RF behind LF, Step LF to left side, Touch RF next to LF**

**Restart here on Wall 3 (starting at 6:00), facing 12:00 after this section

S4: Step Back, Step Back, Back Shuffle, Coaster Step, Side Rock ¼ Turn Left

- 1,2 Step back RF, Step back LF
- 3&4 Step back RF, Step LF next to RF, Step back RF
- 5&6 Step back LF, Step RF next to LF, Step forward LF
- 7-8 Rock RF to right side, Recover on LF making ¼ turn Left 03:00

Bonne danse...

country@webchalon.be - <http://countrylinedance.webchalon.be>