

# Be The Man

Count: 32

Wall: 4

Level: Improver

Choreographer: Brenda Pocock (UK) & Gary Steele (UK)

Music: I'm Gonna Be (500 Miles) - The Proclaimers



## WALK FORWARD AND POINT, WALK BACK AND TOUCH

- 1-4 Walk forward right, left, right, point left to left side  
5-8 Walk back left, right, left, touch right next to left

## MONTEREY ½ RIGHT TWICE

- 1-2 Point right to right side, make a ½ turn over right shoulder closing right foot  
3-4 Point left to left side, close left next to right  
5-6 Point right to right side, make a ½ turn over right shoulder closing right foot  
7-8 Point left to left side, close left next to right

## POINT CROSS TWICE, RIGHT JAZZ BOX ¼ TURN

- 1-2 Point right to right side, cross right over left  
3-4 Point left to left side, cross left over right  
5-8 Cross right over left, step left back making an ¼ right, step right to right side, step forward on left foot

## SIDE ROCK RECOVER, BEHIND-SIDE CROSS TWICE

- 1-2 Rock right out to right side, recover weight onto left  
3&4 Step right behind left, step left to left side, cross right over left  
5-6 Rock left out to left side, recover weight onto right  
7&8 Step left behind right, step right to right side, cross left over right

## REPEAT

### TAG 1

#### At end of wall 7

- 1-2 Forward rock right, recover onto left  
3&4 Right coaster step  
5-6 Forward rock left, recover onto right  
7&8 Left coaster step

### TAG

#### At end of wall 9 there is an awkward count tag, but it is very simple:

- 1-2 Step right forward, pivot ½ turn left changing weight onto left  
3-4 Step right forward, pivot ½ turn left changing weight onto left

After this part hold for 2 counts then repeat tag 1 again