

# Like a MAN

Compte: 40

Mur: 4

Niveau: Improver

Chorégraphe: Emma Ruhnau (DE) - June 2025

Musique: Big Ol' Hammer - G Flip



#8 counts Intro, 1 Restart (3 Wall, after 16 counts)

**[1-8] Side, behind, side, step Fwd, 2x pony steps**

1,2,3,4 Step RF to R, cross LF behind R, step RF to R Side, Step LF in front  
5,6,7,8 step RF behind LF lift L knee up, step LF in front and step RF behind LF lift L knee up,

**[9-16] R fwd, scuff L, L fwd, scuff R, rocking chair**

1,2,3,4 Step RF forward, scuff the LF, step LF forward, scuff the RF  
5,6,7,8 rock RF forward, step weight back on LF, rock RF back, step weight back on LF

**Restart In wall 3 after 16 counts**

**[17-24] Stomp R hold, 1/4 turn R hold, 2x cross walks L with dips**

1,2,3,4 Stomp with RF and hold on count 2 (raise your underarms and show how strong you are) ,  
1/4 turn R and hold on 4 with weight change on LF  
5,6,7,8 Cross RF over LF and dip down with both knees, step LF to L side, cross RF over LF and dip  
down with both knees, step LF to L side

**[25-32] Monterey turn 1/4 R, Monterey turn 1/4 R,**

1,2,3,4 Point RF to R, step RF next to LF with 1/4 Monterey turn, point LF to L, step LF next to RF,  
5,6,7,8 Point RF to R, step RF next to LF with 1/4 Monterey turn, point LF to L, step LF next to RF

**[33-40] Stomp R , step 1/2 turn R , stomp L step 1/2 turn L, Out Out, clap clap, brush brush, toe in, heel in**

1,2& Stomp RF, step LF fwd turn 1/2 over R shoulder, change weight on RF  
3,4& Stomp LF, step RF fwd turn 1/2 over L shoulder, change weight on LF  
5&6&7&8& Step RF diagonal fwd, Step LF diagonal fwd, clap R into L hand/clap L into R hand, brush  
hands on hips move your hands along your hips from front to back, touch belt buckle  
(pretend to), turn toes inwards (pigeon toed), turn heels inwards

**Please do not change anything in this stepsheet.**

**If you want to use this somewhere else, you need to make sure that it's in original form and nothing's missing,  
such as contact details etc.**

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**Last Update: 12 Jul 2025**