

Manfully (남자답게)

COPPER KNOB
STEP SHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Yoonhyoung Jin (KOR) & Ace LineDance (KOR) - February 2025
音乐: Manfully (남자답게) - Ji Won I (지원이)



Start: After 15 Counts , Start on vocals *No Tag, No Restart

***Intro Dance : 80 Counts**

SEC 1 Stomp with arm styling, Hold

1 Stomp R side with Raise your right hand up with your fist
2-8 Hold for 7count

SEC 2 Knee Pop with arm styling, Hold

1 Move the weight to the left and at the same time, right knee pop
(Make an oblique line with both fists)
2-8 Hold for 7count

SEC 3 Stomp with arm styling, Hold

1 Stomp Rf fwd to diagonal
2-8 Hold for 7count
(Slowly raise your right hand up and lower your left hand down)

SEC 4 (Side Touch) R,L x2

1-2 Step R to R side(1),Touch L next to R(2)
3-4 Step L to L side(3),Touch R next to L(4)
5-6 Step R to R side(5),Touch L next to R(6)
7-8 Step L to L side(7),Touch R next to L(8)

SEC 5 (Out, Hold)RL, Drag

1-2 Step Rf fwd(1), Hold(2)
3-4 Step Lf fwd (3), Hold(4)
5-8 Drag your Rf to L
(Stretch your right and left hands forward. (1~4) Gather both hands infront of your chest(5~8))

SEC 6 (Back Out, Hold)RL, Drag

1-2 Step Rf back out(1), Hold(2)
3-4 Step Lf back out(1), Hold(2)
5-8 Drag your Rf to L
(Stretch your right and left hands forward. (1~4) Gather both hands infront of your chest(5~8))

SEC 7 Walk, Hold RL, Walk x3, Kick

1-2 Walk fwd Rf(1), Hold(2)
3-4 Walk fwd Lf(3), Hold(4)
5-8 Walk fwd Rf(5), Lf(6), Rf(7),Kick Lf fwd(8)

SEC 8 Back, Hold LR, Back x 3, Touch

1-2 Walk back Lf(1), Hold(2)
3-4 Walk back Rf(3), Hold(4)
5-8 Walk back Lf(5), Rf(6), Lf(7), Touch Rf next to L(8)

SEC 9 Side, Hold, Cross, Hold, Rock Recover Cross Touch

1-4 Step Rf to R side(1), Hold(2), Cross Lf over Rf(3), Hold(4)
5-6 Rock Rf right side(5), Recover Lf(6),

7-8 Cross Rf over Lf(7), Touch Lf next to R(8)

SEC 10 Side, Hold, Cross, Hold, Rock Recover Cross Touch

1-4 Step Lf to L side(1), Hold(2), Cross Rf over Lf(3), Hold(4)

5-6 Rock Lf left side(5), Recover Rf(6),

7-8 Cross Lf over Rf(7), Touch Rf next to L(8)

***Main Dance : 32 Counts**

SEC 1 (Side Flick)RL, Fwd, Hip Roll x 2

1-2 Step Rf to R side(1), Flick LF to R(2)

3-4 Step Lf to L side(3), Flick RF to L(4)

5-8 Touch Rf Fwd rolling hips to R for 2 counts

Continue rolling hips to R and weight on Lf

SEC 2 Back, Heel Touch RL, 1/4 Monterey Turn

1-2 Step Back Rf (1), Touch Heel LF (2)

3-4 Step Back Lf (3), Touch Heel RF (4)

5-6 Touch R to side(5), Turn 1/4 right and step R together(6)

7-8 Touch L to side(7), step L together(8)

SEC 3 (Diagonal Fwd Lock Step, Scuff) RL

1-2 Step RF diagonal fwd(1), Step LF behind RF(2)

3-4 Step RF diagonal fwd(3), Scuff LF fwd(4)

5-6 Step LF diagonal fwd(5), Step RF behind LF(6)

7-8 Step LF diagonal fwd(7), Scuff RF fwd(8)

SEC 4 Jazz Box, 1/2 Pivot, Walk x2

1-2 Cross RF over LF(1), Step LF back(2),

3-4 Step RF side to R(3), Cross LF over RF(4)

5-6 Step RF fwd (5), Pivot turn 1/2 L Step Lf fwd (6)

7-8 Walk fwd Rf(7), Walk fwd Lf(8)

♣ " I want you to be happy with this dance. Thank you."

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