

Just a Man

COPPER **NOB**
STEPSHEETS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Hayley Wheatley (UK) - April 2025
音乐: Just a Man - Bram Boender



Intro : 8 counts

[1-8] WALK R, WALK L, MAMBO STEP R, SHUFFLE BACK L, WALK BACK R, WALK BACK L

12 Step RF forward (1), Step LF forward (2) 12:00
3&4 Rock RF forward (3), Recover onto LF (&), Step RF back (4)
5&6 Step LF back (5), Close RF next to LF (&), Step LF back (6)
78 Step RF back (7), Step LF back (8)

[9-16] COASTER CROSS R, SIDE ROCK L, RECOVER R, COASTER CROSS L, SIDE ROCK R, RECOVER L

1&2 Step RF back (1), Close LF beside RF (&), Cross RF over LF (2)
34 Rock LF to L side (3), Recover onto RF (4)
5&6 Step LF back (5), Close RF beside LF (&), Cross LF over RF (6)
78 Rock RF to R side (7), Recover onto LF (8)

***Restart here on wall 4 (facing 09:00.)**

[17-24] JAZZBOX ¼ SHUFFLE, JAZZBOX TOUCH

12 Cross RF over LF (1), ¼ turn to R, step LF back (2) 03:00
3&4 Step RF to R side (3), Close LF beside RF (&), Step RF to R side (4)
56 Cross LF over RF (5), Step RF back (6)
78 Step LF to L side (7), Touch R toe next to LF (8)

[25-32] ½ RUMBA SHUFFLE R FWD, ½ RUMBA COASTER STEP L

12 Step RF to R side (1), Close LF beside RF (2)
3&4 Step RF forward (3), Close LF beside RF (&), Step RF forward (4)
56 Step LF to L side (5), Close RF beside LF (6)
7&8 Step LF back (7), Close RF beside LF (&), Step LF forward (8)

***Restart wall 4 after 16 counts**

Tag : Performed at the end of wall 7 (facing 6:00) : ROCKING CHAIR

1-2 Rock RF forward (1), Recover on LF (2)
3-4 Rock RF back (3), Recover on LF (4)

Last Update: 16 Apr 2025