

# Measure of a Man

拍数: 64      墙数: 2      级数: Easy Intermediate  
编舞者: Vera Esman (NL) - March 2009  
音乐: The Measure of a Man - Bobby D. Sawyer



**Intro: 32 counts intro**

**Rock, Recover, Step Back, Hold, Back, Lock, Back, Hold.**

1-2-3-4      Rock forward on right, recover on left, step back on right, hold  
5-6-7-8      Step back on left, lock right in front of left, step back on left, hold

**Side Rock, Recover, Cross, Hold, ¼ Turn, ¼ Turn, Step, Hold.**

1-2-3-4      Rock to the side on right, recover on left, cross right over left, hold  
5-6-7-8      Turn ¼ right step back on left, turn ¼ right step to the side on right, step forward on left, hold

**Restart during wall 3**

**Rock, Recover, Step Back, Hold, Back, Lock, Back, Hold.**

1-2-3-4      Rock forward on right, recover on left, step back on right, hold  
5-6-7-8      Step back on left, lock right in front of left, step back on left, hold

**Side Rock, Recover, Cross, Hold, ¼ Turn, ½ Turn, Step, hold.**

1-2-3-4      Rock to the side on right, recover on left, cross right over left, hold  
5-6-7-8      Turn ¼ right step back on left, turn ½ right, step. forward on right, step forward on left, hold

**Toe Struts 2x, Side, Together, Side, Hold.**

1-2-3-4      Side toe strut to right side, crossing toe strut with left over right  
5-6-7-8      Step right to right side, step left together, step right to right side, hold

**Rock Back, Recover, Side, Hold, Step, ½ Turn, Step, Hold.**

1-2-3-4      Rock back on left, recover on right, step to the side on left, hold  
5-6-7-8      Step forward on right, turn ½ left step forward on left, step forward on right, hold

**½ Turn, ½ Turn, Step, Hold, Rocking Chair.**

1-2-3-4      Turn ½ right, step back on left, turn ½ right step forward on right, step forward on left, hold  
5-6-7-8      Rock forward on right, recover on left, rock back on right, recover on left

**Step, ¼ Turn, Cross, Hold, Side, Together, Side, Hold.**

1-2-3-4      Step forward on right, turn ¼ left (weight on left), cross right over left, hold  
5-6-7-8      Step left to left side, step right together, step left to left side, hold

**Restart: During wall 3, after 16 counts (start again-wall 4)**

**Tag: At the end of wall 5 there is a tag of 8 counts**

**Rock, Recover, Step Back, Hold, Rock, Recover, Step forward hold.**

1-2-3-4      Rock forward on right, recover on left, step back on right, hold  
5-6-7-8      Rock back on left, recover on right, step fwd. on left, hold

**Tag: At the end of wall 6 there is a 4 counts tag**

**rocking chair**

1-2-3-4      rock fwd. on right, recover on left, rock back on right, recover on left