# Not Man Enough



拍數: 64 牆數: 1 級數: Phrased Improver

編舞者: Tina Jackson (USA) - May 2018

音樂: He Wasn't Man Enough - Toni Braxton



### Sequence: A A B A A B B A B B A

## **PART A**

# [1-8] WALK TO RIGHT, IN-OUT-IN, WALK TO LEFT, IN-OUT-IN

1,2,3&4& Step R to right, Step L across R, Step R to right, Touch L beside R, Touch L to Left side,

Touch L beside R

5,6,7&8& Step L to left, Step R across L, Step L to left, Touch R beside L, Touch R to Right side,

Touch R beside R

#### [9-16] (REPEAT 1-8) WALK TO RIGHT, IN-OUT-IN, WALK TO LEFT, TOUCH R BESIDE L

1,2,3&4& Step R to right, Step L across R, Step R to right, Touch L beside R, Touch L to Left side,

Touch L beside R

5,6,7,8 Step L to left, Step R across L, Step L to left, Touch R beside L

#### [17-24] HOOD WALKS (4X)

1&2, 3&4 Step back on R, Touch L forward, Push hip back toward R; Step back on L, Touch R

forward, Push hip back to Left

5&6, 7&8 Step back on R, Touch L forward, Push hip back toward R; Step back on L, Touch R

forward, Push hip back to Left

(Optional: doing body roll as you push hip back slightly on the hood walks)

#### [25-32] CHA-CHAS (OR LOCKSTEPS) FORWARD (4X)

1&2, 3&4 Step Right forward, Step Left beside R, Step R forward, Step L forward, Step R beside L,

Step L forward

5&6, 7&8 Step Right forward, Step Left beside R, Step R forward, Step L forward, Step R beside L,

Step L forward

#### PART B (CHORUS)

#### [1-8] ROCKING CHAIR, 1/4 TURN LEFT WITH SWAYS

1-4 Rock forward on R, Recover weight onto L, Rock back on R, Recover weight onto L

5-8 1/4 turn to Left while swaying, stepping R to side, Sway Left, Sway Right, Sway Left

# [9-16] ROCKING CHAIR, 1/4 TURN LEFT WITH SWAYS (4X)

1-4 Rock forward on R, Recover weight onto L, Rock back on R, Recover weight onto L

5-8 1/4 to Left stepping R to side, Sway Left, Sway Right, Sway Left

## [17-24] ROCKING CHAIR, 1/4 TURN LEFT WITH SWAYS (4X)

1-4 Rock forward on R, Recover weight onto L, Rock back on R, Recover weight onto L

5-8 1/4 to Left stepping R to side, Sway Left, Sway Right, Sway Left

#### [25-32] ROCKING CHAIR, 1/4 TURN LEFT WITH SWAYS (4X)

1-4 Rock forward on R, Recover weight onto L, Rock back on R, Recover weight onto L

5-8 1/4 to Left stepping R to side, Sway Left, Sway Right, Sway Left

#### Step Description by Steve Cavanaugh (steve@appleblossom.net)