

# Man in Motion

拍數: 48      牆數: 4      級數: Intermediate  
編舞者: Esther Axon (UK) - February 2025  
音樂: St. Elmo's Fire - John Parr



## #32 count intro

### SECTION 1: SYNCOPATED WEAVE, SIDE ROCK RECOVER, BALL STEP, CROSS SHUFFLE

- 1-2      Step R to right side. Cross L behind R.
- &3-4      Step R to right side.. Cross L over R. Step R to right side
- 5-6&      Rock L out to left side. Recover on R. Step L next to R.
- 7&8      Cross R over L. Step L to L side. Cross R over L.

### SECTION 2: SIDE, DRAG & SIDE, TOUCH, 1 ¼ ROLLING VINE

- 1-2      Step L to left side, drag R to L.
- &3-4      Step R next to L. Step L to left side. Touch R next to L.
- 5-6      Turn ¼ right stepping R forward. Turn ½ right stepping L back.
- 7-8      Turn ½ right stepping R forward. Step L beside R. (3:00) (Non-turning alternative: grapevine R with a ¼ turn right)

### SECTION 3: FORWARD ROCK RECOVER, FULL TURN BACK, COASTER STEP, KICK BALL STEP

- 1-2      Rock R forward, recover on L.
- 3-4      Turn ½ right, stepping back on R. Turn ½ right stepping back on L. (3:00) (Non-turning alternative: walk back R, L)
- 5&6      Step R back. Close L beside R. Step R forward.
- 7&8      Kick L forward. Step R beside L. Step R forward.

**\*On Wall 7, replace counts 7&8 of section 3 with L ball step, walk forward R, L, with count (&7-8). Then restart the dance.**

### SECTION 4: ¼ TURN, CROSS SHUFFLE, 2 x ¼ TURNS, ½ TURN INTO SIDE CHASSE TRAVELLING RIGHT (effectively a full turn over 4 counts, 5 6 7&8)

- 1-2      Step L forward. Turn ¼ right, stepping R to right side. (6:00)
- 3&4      Cross L over R. Step R to right side. Cross L over R.
- 5-6      Turn ¼ left, stepping R back. Turn ¼ left, stepping L to left side.
- 7&8      Turn ½ left stepping R to right side. Close L to R. Step R to right side. (6:00)

### SECTION 5: SAILOR STEP, SAILOR ¼ TURN, ROCK ¼ TURN, CROSS & HEEL

- 1&2      Step L behind R, step R to right side, step L to left side.
- 3&4      Step R behind L, turn ¼ R stepping L to left side, step R to right side. (9:00)
- 5-6      Turn ¼ right rocking L to left side. Recover on R. (12:00)
- 7&8      Cross L over R. Step R next to L. Dig L heel to left diagonal.

### SECTION 6: BALL STEP, WALK, WALK, FORWARD SHUFFLE, ¼ TURN, DRAG, KICK BALL CROSS

- &1-2      Step L beside R. Walk forward R, L.
- 3&4      Step R forward. Close L next to R. Step L forward.
- 5-6      Turn ¼ right, stepping L to left side. Drag R next to L. (3:00)
- 7&8      Kick R forward, step R next to L, cross L over R.

### RESTARTS

**Wall 7 after 22 counts, replace counts 23&24 with: &7-8 L ball step, walk forward R, L. Then restart the dance.**

