

Like a MAN

拍數: 40 牆數: 4 級數: Improver
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音樂: Big Ol' Hammer - G Flip



#8 counts Intro, 1 Restart (3 Wall, after 16 counts)

[1-8] Side, behind, side, step Fwd, 2x pony steps

1,2,3,4 Step RF to R, cross LF behind R, step RF to R Side, Step LF in front
5,6,7,8 step RF behind LF lift L knee up, step LF in front and step RF behind LF lift L knee up,

[9-16] R fwd, scuff L, L fwd, scuff R, rocking chair

1,2,3,4 Step RF forward, scuff the LF, step LF forward, scuff the RF
5,6,7,8 rock RF forward, step weight back on LF, rock RF back, step weight back on LF

Restart In wall 3 after 16 counts

[17-24] Stomp R hold, 1/4 turn R hold, 2x cross walks L with dips

1,2,3,4 Stomp with RF and hold on count 2 (raise your underarms and show how strong you are) ,
1/4 turn R and hold on 4 with weight change on LF
5,6,7,8 Cross RF over LF and dip down with both knees, step LF to L side, cross RF over LF and dip
down with both knees, step LF to L side

[25-32] Monterey turn 1/4 R, Monterey turn 1/4 R,

1,2,3,4 Point RF to R, step RF next to LF with 1/4 Monterey turn, point LF to L, step LF next to RF,
5,6,7,8 Point RF to R, step RF next to LF with 1/4 Monterey turn, point LF to L, step LF next to RF

[33-40] Stomp R , step 1/2 turn R , stomp L step 1/2 turn L, Out Out, clap clap, brush brush, toe in, heel in

1,2& Stomp RF, step LF fwd turn 1/2 over R shoulder, change weight on RF
3,4& Stomp LF, step RF fwd turn 1/2 over L shoulder, change weight on LF
5&6&7&8& Step RF diagonal fwd, Step LF diagonal fwd, clap R into L hand/clap L into R hand, brush
hands on hips move your hands along your hips from front to back, touch belt buckle
(pretend to), turn toes inwards (pigeon toed), turn heels inwards

Please do not change anything in this stepsheet.

**If you want to use this somewhere else, you need to make sure that it's in original form and nothing's missing,
such as contact details etc.**

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Last Update: 12 Jul 2025