

R U Man Enough?

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Amy Christian (USA) - July 2005
音樂: He Wasn't Man Enough - Toni Braxton : (Album: The Heat)



Start On Vocals (32 Count Intro)

R Mambo Touch & Clap, Rock Fwd, Recover, Sweep ½ Turn R, Step, L Coaster, Step

- 1&2 Rock R foot to right side(1) Recover on L foot(&), Touch R foot next to left foot & Clap (2),
3&4 Rock fwd on R (3), Recover back on L (&), Slow Sweep R from the front to the back, making
a ½ turn right(4) [6:00]
5 Step back on right foot, (make sure you step down on count 5 & not on 4)
6&7 Left coaster step,
8 Step R foot forward,

Pivot ½ Turn, ½ Turn Shuffle, L Coaster, Sexy Walk R,L,R,

- 1 Pivot ½ turn left, weight on left foot, [12:00]
2&3 ½ turn left, Shuffle R,L,R, [6:00]
4&5 Left coaster step,
6-8 Walk fwd with R foot crossing over L, L foot crossing over R, R foot crossing over L.

L Side Rock Cross, R Side Rock Cross ¼ Turn, Ball Cross, Twist ¼ & Step, R Coaster

- 1&2 Rock L foot to left side, Recover on R foot, Cross L foot over R foot,
3&4 Rock R foot to right side, ¼ turn left as you Recover on L foot, Cross R foot over L foot, [3:00]
&5-6 Step slightly back on ball of L (&), Cross R over L(5), ¼ turn right twist'g on R, step L next to
R(6), [6:00]
7&8 Right coaster step.

Ball Cross, Twist ¼ Turn R & Step, R Coaster, Rock Back, Recover, Tap,Tap, Mambo L with a Clap,

- &1-2 Step back on ball of L foot(&), Cross R foot over L foot(1), ¼ turn right twist'g on R foot, step
L foot next to R foot(2), [9:00]
3&4 Right coaster step,
&5 Rock back on L foot, Recover forward on R foot,
&6 Tap L foot back(&), Tap L foot next to R(6), (**)
7&8 (L side Mambo), Rock L foot out to left side, Recover on R foot, Step L foot next to R
foot(Clap), (8).

(**) The ENDING - On the last Wall, while doing the last eight on counts &6 with the Tap, Tap, you will be facing 3 o'clock.

Instead of the L Mambo, ¼ turn left on L(7), Step R to right side(8). Feet apart, facing front wall.

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Last Revision - 30th August 2012