

Am I The Man

COPPER KNOB
STEPSHEETS

拍數: 88

牆數: 4

級數: Intermediate

編舞者: Sofia (NL) - November 2011

音樂: Am I the Man - Jackie Wilson : (2:31)



Start: After 24 counts – Sequence: Beginning, AA, BB, A, BB, AA

Beginning: 2x ½ pivot left.

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|-----|-----------------|
| 1,2 | R. step forward |
| 3,4 | ½ turn left |
| 5,6 | R. step forward |
| 7,8 | ½ turn left |

Part A: 48 counts

[1-8] R. jazz box cross, ¼ turn left, L. step aside, R. toe strut.

- | | |
|---|---------------------------|
| 1 | R. cross over left foot |
| 2 | L. step back |
| 3 | R. step to the right side |
| 4 | L. cross over right foot |
| 5 | ¼ turn left R. step back |
| 6 | L. step to the left side |
| 7 | R. toe |
| 8 | R. heel |

[9-16] L. jazz box cross, ¼ turn right, ¼ turn right, L. toe strut.

- | | |
|---|------------------------------|
| 1 | L. cross over right foot |
| 2 | R. step back |
| 3 | L. step to the left side |
| 4 | R. cross over left foot |
| 5 | ¼ turn right L. step back |
| 6 | ¼ turn right R. step forward |
| 7 | L. toe |
| 8 | L. heel |

[17-24] R. rock, full turn right, R. step back, L. kick, L. cross rock.

- | | |
|---|-----------------------------------|
| 1 | R. rock forward |
| 2 | weight back |
| 3 | ½ turn right R. step forward |
| 4 | ½ turn right L. step back |
| 5 | R. step back |
| 6 | L. kick diagonal to the left side |
| 7 | L. cross rock behind |
| 8 | weight back |

[25- 32] L. step , R. behind side cross, L. step, R. step, L. step back, R. hook.

- | | |
|---|---------------------------|
| 1 | L. step to the left side |
| 2 | R. cross behind left foot |
| 3 | L. step to the left side |
| 4 | R. cross over left foot |
| 5 | L. step to the left side |
| 6 | R. step next to left foot |
| 7 | L. step back |

8 R. hook

[33-40] R. step, L. toe touch, L. step, R. heel touch, R. step, L. scuff, $\frac{1}{2}$ pivot right.

1 R. step forward
2 L. toe touch behind
3 L. step back
4 R. heel touch forward
5 R. step forward
6 L. scuff
7 L. step forward
8 $\frac{1}{2}$ turn right

[41-48] L. cross, R. point, R. step, L. hitch, L. rock, L. step.

1 L. cross over right foot
2 R. point to the right side
3 R. step back
4 L. hitch
5 L. rock forward
6 weight back
7 L. step back
8 rest

Part B: 32 counts

[1-8] R. shuffle, L. shuffle, rock, $\frac{1}{4}$ turn right, R. step, L. step aside.

1 R. step forward
& L. step beside right foot
2 R. step forward
3 L. step forward
& R. step beside left foot
4 L. step forward
5 R. rock forward
6 weight back
7 $\frac{1}{4}$ turn right R. step to the right side
8 L. step next to right foot

[9-16] R. chasse, L. rock back, L. kick ball change, L. step, R. toe touch

1 R. step to the right side
& L. step beside right foot
2 R. step to the right side
3 L. rock back
4 weight back
5 L. kick forward
& L. step beside right foot
6 R. step forward
7 L. step forward
8 R. toe touch behind left foot

[17-24] 2 toe struts back, $\frac{1}{2}$ turn right R. toe strut, $\frac{1}{2}$ pivot right.

1 R. toe back
2 R. heel back
3 L. toe back
4 L. heel back
5 $\frac{1}{2}$ turn right R. toe forward
6 R. heel forward

7 L. step forward
8 ½ turn right

[25-32] L. cross over , R. step, L. cross behind, R. step, apple jacks R.L.R.L.

1 L. cross over right foot
2 R. step to the right side
3 L. cross behind right foot
4 R. step to the right side

(weight on both feet)

& 5 & 6 & 7 & 8 apple jacks R., L., R., L.

Ending: In the last part A after count 26

You add : ¼ turn left L. step forward, R. point next to left foot

Enjoy the dance
