



SINGLE MAN



Niveau :

Musique: High Valley - Single Man - 124 bpm

Type: polka

Chorégraphe: Mike Liadouze & Maxence Baroux mai 2019

Temps: 32 comptes, 4 murs

Introduction: after the word « Well »

SECTION 1 1 à 8 WIZARD STEP, SWEEP, CROSS SHUFFLE, SIDE ROCK, TOGETHER

1-2& Step RF diagonally forward R, Lock LF behind RF, Step RF diagonally forward R
3-4 Step LF diagonally forward L & Sweep RF over LF (on 2 counts)
5&6 Cross RF over LF, Step LF side, Cross RF over LF
7-8& Rock step LF side, Recover on RF, Step LF together

SECTION 2 9 à 16 1/4 R, DIAGONAL SLIDE TOUCH x2, SHUFFLE FWD, 1/4 R SHUFFLE SIDE

1-2 1/4 turn R.. Big step RF diagonally forward R, Slide & touch L toe together (3:00)
3-4 Big step LF diagonally forward R, Slide & touch R toe together
Style : bend knees on counts 1/3, straighten them on counts 2/4
5&6 Step RF forward, Step LF together, Step RF forward
7&8 1/4 turn R.. Step LF side, Step RF together, Step LF forward (6:00)

SECTION 3 17 à 24 BACK ROCK, KICK BALL CROSS, SIDE, SAILOR STEP, COASTER STEP...

1-2 Rock step RF behind LF, Recover on LF forward
3&4 Kick RF diagonally forward R, Step RF together, Cross LF over RF
Restart here on wall 9 (starting 12:00) restart (6:00)
5 RF side
6&7 Cross LF behind RF, Step RF side, Step LF side
8&1 Step RF back, Step LF together, Step RF forward
Final here on wall 13 (starting 3:00) replace COASTER STEP by SAILOR 1/4 R to finish (12:00)

SECTION 4 25 à 32 TURN 1/2 L, FULL TURN L, FWD ROCK, 1/4 R, KICK BALL CROSS

2 1/2 turn L. Recover on LF forward (12:00)
3-4 1/2 turn L. Step RF back, 1/2 turn L Step LF forward (12:00)
5-6 Rock step RF forward, Recover on LF
7&8 1/4 turn R. Kick RF diagonally forward R, step RF together, cross LF over RF (3:00)

RECOMMENCEZ AU DEBUT

Association Varoise de Danse Country