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48 Count Intro after heavy beat kicks in...start on the vocals on the word 'MAN'

- SECTION 1** **Cross Rock and Recover, Left Side Chasse with ¼ Turn Left, Full Turn Left, Kick Right Ball Change, Step Forward left.**
- 1 - 2 Cross rock left over right and recover  
3 & 4 Step left to Left Side, close right next to left, with a 1/4 turn left stepping forward left.  
5 - 6 Full Turn LEFT Turn ½ left stepping RIGHT back– Turn ½ left stepping LEFT forward  
7 & 8 LOW Kick Right Forward Ball change and Step forward on left. Faces 9.00
- SECTION 2** **Rock recover, Shuffle Back Lock Step, Two 1/2 turns over 2 counts, Left Coaster Step**
- 1 - 2 Rock forward on right, and recover back on to left.  
3 & 4 Shuffle back Lock Steps R-L-R  
5 - 6 Turning ½ left step forward on left,(5) Turn ½ left step right next to left.(6)  
(Weight ends on right)  
7 & 8 Step back on left, step back on right next to left, step forward on Left. Faces 9.00
- SECTION 3** **Cross Rock and Recover, Right Side Chasse with ¼ Turn Right, Full Turn Right, Kick Left Ball Change Step Forward Right.**
- 1 - 2 Cross rock right over left and recover  
3 & 4 Step right to right side, close left next to right, with a 1/4 turn right stepping forward on right.  
5 - 6 Full Turn RIGHT Turn ½ right stepping LEFT back– Turn ½ right stepping RIGHT forward.  
7 & 8 LOW Kick Left Forward Ball change and step forward on right. Faces 12.00
- SECTION 4** **Rock recover, Left Coaster Step, Rock recover, Turn a 1/2 turn Right with Triple step**
- 1 - 2 Rock forward on left, and recover back on to right.  
3 & 4 Step back on left, step back on right next to left, step forward on Left.  
5 - 6 Rock forward on right, and recover back on to left.  
7 & 8 Make a 1/2 turn right with a triple step...stepping. R.L.R (Weight on right) Faces 6.00
- SECTION 5** **1/4 Turn Left, Left Coaster Step, 1/4 Turn Right, Right Coaster Step.**
- 1 - 2 Cross left over right, (1) Turning ¼ turn left step back on right.(2)  
3 & 4 Step back on left, step back on right next to left, step forward on Left.  
5 - 6 Cross right over left, (5) Turning ¼ turn right step back on left (6)  
7 & 8 Step back on right, step back on left next to right, step forward on right. Faces 6.00
- SECTION 6** **Rock recover, Shuffle Back Lock Step, Toe Touch and Low Kick forward, Right Coaster Step**
- 1 - 2 Rock forward on left, and recover back on to right  
3 & 4 Shuffle back Lock Steps L-R-L (Weight ends on left)  
5 - 6 Touch right toe next to left, (5) Low kick right foot forward. (6) (Weight ends on left)  
7 & 8 Step back on right, step back on left next to right, step forward on right. Faces 6.00
- Note: If the turns get too much for you...just do two walks instead. Enjoy the dance!  
Finish: The dance ends just slightly before the music on the 12.00 wall.
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