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Just A Man

32 Count, 2 Wall, Improver
Choreographer Don Pascual (FR) Dec 2012
Choreographed to I'm Just a Man
by The Lennerockers (BPM 200)

Intro Start on vocals (after the intro, 3 counts from the first drum-beat)

S1 Step R fwd, touch+clap, step L backward, touch+clap, (flick R+slap, touch) x2

1-4 Step R forward (R diagonal), touch L beside R + clap, L step backward (L diagonal), touch R beside L+clap

5-6 Flick R to the R + slap R foot with R hand, touch R beside L

7-8 Flick R to the R + slap R foot with R hand, touch R beside L

S2 Run R, run L, stomp R, stomp L, double knee-pop, double knee-pop

1-4 Runs forward R & L, stomp R beside L, stomp L beside R

5-8 Double knee pop (push knees forward lifting heels, drop heels) x2

Style On counts 5 and 7, turn your knees outward while pushing them

S3 (Step R fwd, hook L + slap behind R, step L backward, hook R + slap) x 2

1-4 Step R forward, hook L + slap behind R, step L backward, hook R across L + slap

5-8 Step R forward, hook L + slap behind R, step L backward, hook R across L + slap

S4 Step R fwd, flick L with ¼ T to the R, touch L beside R, flick L with ¼ T to the R, stomp L fwd, stomp R beside L, swivel

1-2 Step R forward (R diagonal), flick L behind (L diagonal) making a ¼ T to the R

3-4 Touch L beside R, flick L behind making a ¼ T to the R

5-6 Stomp L forward, stomp R beside L

7-8 Swivel both heels to the R, recover