



Act Like A Man

32 Count, 4 Wall, Intermediate
Choreographer: Niels Poulsen (DK) Nov 2017
Choreographed to: You Gotta Not by Little Mix

- Track:** 3:11mins
- Intro:** 8 counts (app. 5 secs. into track). Start with weight on L foot
- 1 tag:** After wall 3, facing 3:00. See Tag description at bottom of page
- 1 bridge:** During wall 6, after 16 counts, facing 3:00. See Bridge description at bottom of page
- Note:** Both the tag and the bridge happen at 3:00. Easy to remember
- Extra:** Huge thanks to Simon Ward & Craig Bennett for their advice and input
- Section 1**
1&2& Touch & heel &, weave 1/8 R, behind side cross 1/4 R, place R fwd, heel swivels
Touch R next to L (1), step R diagonal back (&), touch L heel diagonally L fwd (2),
step L next to R (&) 12:00
- 3&4** Cross R over L (3), step L to L side (&), cross R behind L turning 1/8 R (4) 1:30
- 5&6** Step back on L (5), turn 1/8 R stepping R to R side (&), turn 1/8 R stepping L in front of R (6) 4:30
- 7&8** Place R fwd (7), swivel both heels to R side (&), swivel heels back again (8) – weight L 4:30
- Section 2**
1/8 L into behind side cross, side rock cross, 1/4 L, shuffle 1/2 L, mambo step, together
- 1&2** Step back on R (1), turn 1/8 L stepping L to L side (&), cross R over L (2) 3:00
- &3&4** Rock L to L side (&), recover on R (3), cross L over R (&), turn 1/4 L stepping back on R (4) 12:00
- 5&6** Turn 1/4 L stepping L to L side (5), step R next to L (&), turn 1/4 L stepping L fwd (6) 6:00
- &7&8** Rock R fwd (&), recover back on L (7), step back on R (&), step L next to R (8) ...
*** Bridge here during wall 6 (see bottom of sheet for detailed explanation) 6:00**
- Section 3**
R rocking chair, R lock step fwd, step 1/4 cross, R scissor step
- 1&2&** Rock R fwd (1), recover back on L (&), rock back on R (2), recover fwd onto L (&) 6:00
- 3&4** Step R fwd (3), lock L behind R (&), step R fwd (4) 6:00
- 5&6** Step L fwd (5), turn 1/4 R onto R (&), cross L over R (6) 9:00
- 7&8** Step R to R side (7), step L next to R (&), cross R over L (8) 9:00
- Section 4**
L rock diagonal fwd, behind side cross, out out in cross, step touch step
- 1 – 2** Rock L into L diagonal (1), recover back on R (2) Styling: push L hip up during rock step 9:00
- 3&4** Cross L behind R (3), step R to R side (&), cross L over R (4) 9:00
- 5&6&** Step R out to R side (5), step L out to L side (&), step R in towards L (6), cross L over R (&) 9:00
- 7&8** Step R to R side (7), touch L next to R (&), step L to L side (8) 9:00
- Start Again!**
- Tag** After wall 3 which starts facing 6:00. The tag happens facing 3:00:
Cross rock side X 2
- 1&2** Cross rock R over L (1), recover back on L (&), step R to R side (2) 3:00
- 3&4** Cross rock L over L (3), recover back on R (&), step L to L side (4) 3:00
- Bridge** During wall 6 which starts facing 9:00, after 16 counts, now facing 3:00:
Camel walks R&L, R mambo step fwd, pop walks back L&R, L coaster step
- 1 – 2** Walk R fwd popping L knee fwd (1), walk L fwd popping R knee fwd (2) 3:00
- 3&4** Rock R fwd (3), recover weight back on L (&), step back on R (4) 3:00
- 5 – 6** Walk back on L popping R knee fwd (5), walk back on R popping L knee fwd (6) 3:00
- 7&8** Step back on L (7), step R next to L (&), step fwd onto L (8) 3:00
- Ending** You automatically end the dance at 12:00 when finishing your last wall.
Then stomp R fwd .. 12:00