



Man Of Constant Sorrow

40 Count, 2 Wall, Improver

Choreographer: Karolina Ullénstäv (SE) Dec 2018

Choreographed to: Man Of Constant Sorrow by Miley Cyrus

Miley Cyrus performs this song at the George Clooney Tribute 2018.

Intro 16 counts, BPM 176

Section 1 Vine right and left with scuff

- 1 RF step right
- 2 LF step behind RF
- 3 RF step right
- 4 LF scuff
- 5 LF step left
- 6 RF step behind LF
- 7 LF step left
- 8 RF scuff

Section 2 Step forward, touch behind, step back, kick forward, step back, hook, step forward scuff

- 1 RF step forward
- 2 LF touch behind RF
- 3 LF step back
- 4 RF kick forward
- 5 RF step back
- 6 LF hook cross over RF
- 7 LF step forward
- 8 RF scuff

Section 3 Shuffle steps forward, scuff, rock step forward, recover, step back, hitch

- 1 RF step forward
- 2 LF step beside RF
- 3 RF step forward
- 4 LF scuff
- 5 LF rock step forward
- 6 Recover onto RF (weight on RF)
- 7 LF step back
- 8 RF hitch

Section 4 Coaster step, scuff, rock step forward, recover, turn ½ left and step forward, hold

- 1 RF step back
- 2 LF step beside RF
- 3 RF step forward
- 4 LF scuff
- 5 LF rock step forward
- 6 Recover onto RF (weight on RF)
- 7 Turn ½ left and step LF forward
- 8 Hold (and prepare RF for a speedy start in the next section)

Section 5 Step diagonally forward right ending with weight on RF while doing 4 heel taps

- 1-2 RF step diagonally forward right ending with weight on RF while doing a heel tap
- 3-4 Heel tap in the same position
- 5-6 Heel tap in the same position
- 7-8 Heel tap in the same position

Tag 1: (16 counts): after wall 2, 4 and 7

Occurs twice after wall 10 (16 counts x 2) at the end of the dance.

Step turn ½ left x 2 and step RF diagonally forward right ending with weight on RF while making 4 heel taps

- 1-2 RF step forward
 - 3-4 Turn ½ left on ball of LF
 - 5-6 RF step forward
 - 7-8 Turn ½ left on ball of LF
 - 9-10 RF step diagonally forward right ending with weight on RF while doing a heel tap
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11-12 Heel tap in the same position
13-14 Heel tap in the same position
15-16 Heel tap in the same position

Tag 2: (8 counts): after wall 5
Step turn ½ left x 2
1-2 RF step forward
3-4 Turn ½ left on ball of LF
5-6 RF step forward
7-8 Turn ½ left on ball of LF

Even though there are some tags in this dance I think you will feel that they come naturally in the music and in the dance.

Have Fun and enjoy some excellent American Bluegrass music!



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