

Build Me A Man

Count: 32 Wall: 4 Level: improver



Choreographer: Trent Duncan AU

Music: Build Me A Man by Tori Darke

Step Sheet

This dance starts facing the Rear (6:00) Wall - So the dance will finish to the front wall. Start on Lyrics - 32 Count

Section 1 - Heel Switch RLR, Clap, 2x Hip Fwd, 2xHip Back

- 1&2& Tap R Heel at 45deg, Step R Beside L, Tap L Heel at 45deg, Step L Beside R
- 3-4 Tap R Heel at 45deg, Clap Hands
- 5-6 Push hips fwd twice (Hip Bump)
- 7-8 Push hips back twice (Hip Bump)

Section 2 - Rock recover, 1/4 Shuffle, Heel Grind 1/4 Turn, Coaster Step

- 1-2 Step R fwd, rock weight back onto L
- 3&4 Turn 1/4 R, Shuffle RLR to R side
- 5-6 Grind L Heel across in front of R, while turning 1/4 L taking weight onto R
- 7&8 L Coaster Step: Step Back L, Step R Beside L, Step L fwd

Section 3 - Kick Ball Change, 2xStomp, R Sailor, L Sailor

- 1,&,2 Kick right foot forward [1] Step right in place [&] Quickly step left place [2]
- 3-4 Stomp R Fwd, Stomp L Beside R
- 5&6 Step right foot behind left foot [1] Step left to left side [&] Step right foot in place [2]
- 7&8 Step Left foot behind right foot [1] Step right to right side [&] Step left foot in place [2]

****Restart during wall 4**

Section 4 - Behind, 1/4 Fwd, 1/2 Pivot, Full Turn, 2x Stomp

- 1-2 Step R behind L, Turning 1/4 turn L step L fwd
- 3-4 Step R fwd, Pivot 1/2 turn over L taking weight onto L
- 5-6 Turning full Turn over L walk fwd R, L
- 7-8 Stomp R Fwd, Stomp L Beside R

End of Dance

Tag - 8 Counts - End of Wall 2 and End of Wall 6

- 1-4 Step R Fwd at 45deg, Slow 1/2 Pivot over L Shoulder. Whilst turning bend down with R knee leaning into turn whilst scooping the R hand down towards the ground. Coming out of turn straighten leg back up whilst bringing the R hand through up into the air. ALT EASY: Simply complet and slow 1/2 Pivot
- 5-8 Step fwd on R, whilst turning 1/2 Turn over L drag your L foot towards your R, bringing feet together taking weight onto L. 1st Tag - Wording is Dream - bring both hand to your head and slowly expand arms out into the air over the 4 counts. 2nd Tag - Wording is Soul - bring both hands to your chest and slowly expand arms outwards over 4 counts. ALT EASY: Simply complete 1/2 Pivot.

FINISH: You will start section 3 (Kick Ball Change) facing the traditional Front wall. Step Fwd on your Right foot, dropping your left knee (Lunge) whilst being both arms up into a "Bicep flex".

Remember to have fun!! If you teach my dance or record a video please let me know or tag @tropical.boots in your social media posts.