

Yoga Man

Count: 28

Wall: 4

Level: Beginner

Choreographer: Chelsea Gillum, Joshua Talbot & Amy Floyd - May 2026

Music: Your Man (Club Version) - Y.O.G.A. & Lane Pittman

Intro: 32 counts (start on lyrics Turn the Lights Down Low). TAGS at bottom.

VINE RIGHT, VINE LEFT ¼

- 1-4 Step R to R side (1), Step L behind R (2), Step R to R side (3), Touch L next to R (4)
4-8 Step L to L side (1), Step R behind L (2), Step L making ¼ turn L (3), Touch R next to R (4)

JUMP OUT OUT, HIP ROLL, STEP HOLD x 2

- &1, 2 Step R out on diagonal (&), Step L out on diagonal (1), Hold (2)
3, 4 Roll hip from L to back to R (3,4)
5, 6 Step R forward (5), Hold (6)
7, 8 Step L forward (7), Hold (8)

WALK FORWARD x 3, HITCH, STEP BACK HITCH x 2,

- 1, 2 Step R forward (1), Step L forward (2),
3, 4 Step R forward (3), Hitch L knee (4),
5, 6 Step L back (5), Hitch R knee (6),
7, 8 Step R back (7), Hitch L knee (8)

SYNCOPATED HOPS BACK x3, CLAP

- &1 Step diagonally back on L (&), Touch R next to L (1)
&2 Step diagonally back on R (&), Touch R next to L (2)
&3 Step diagonally back on L (&), Touch R next to L (1)
4 Clap

TAG

End of wall 2, 3, 6, 7, 10

- 1,2 Step R to R side (1), Hitch L in front of R (2)
3,4 Step L to L side (2), Hitch R in front of L (4)

Or you can step flick – whatever you'd like!

Ending

Complete Vines R & L, Hip Roll ¼ turn left to 12 o'clock, Stomp R forward.

Feel free to create variations to this and have fun!

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