



BUILD ME A MAN

CHOREGRAPHE: Heather BARTON (SCO) & Glynn RODGERS (UK) – janvier 2026
MUSIQUE : Build Me a Man – Tori Darke
TYPE DE DANSE: Danse en ligne, 32 comptes, 4 murs, 2 Tags, 1 restart
NIVEAU : novice

Introduction : 32 comptes

Phrasing: 2x 8 Count Tag (after walls 2 & 6) and 1 Restart after 24 counts on Wall 4

[1-8] Right Side Rock, Behind & Cross, Left Side Rock-Ball-Side, Cross Left.

- 1-2 Rock right to right side, recover weight on to left.
- 3&4 Cross right behind left, step left to left side, cross right over left.
- 5-6 Rock left to left side, recover weight on to right.
- &7-8 Step left next to right on ball of foot, step right to right side, cross left over right.

[9-16] Chasse Right, Sailor ¼ Turn Left, Out-Out, Hold-Ball-Cross.

- 1&2 Step right to right side, close left to right on ball of foot, step right to right side.
- 3&4 Cross left behind right, step right in place turning ¼ left, step left slightly forward. (9:00)
- 5-6 Step right out towards right diagonal, step left to left side (shoulder width apart).
- 7&8 Hold, step on ball of right foot slightly behind left heel (5th position), cross left over right.

[17-24] Syncopated Side Rocks with ¼ Turn, Walk Back, Left Coaster Step.

- 1-2& Rock right to right side, recover weight on to left, close right to left.
- 3-4 Rock left to left side, recover weight on to right turning ¼ left. (6:00)
- 5-6 Walk back left-right.
- 7&8 Step back left, close right to left, step forward left.

**** Restart here on wall 4 (wall 4 starts 3:00 - restart facing 9:00)**

[25-32] Shuffles Forward Right & Left, Jazz Box ¼ Cross Right.

- 1&2 Shuffle forward right-left-right on slight right diagonal.
- 3&4 Shuffle forward left-right-left on slight left diagonal.
- Option – these can be replaced with ½ turning shuffles.
- 5-6 Cross right over left, turn ¼ right stepping back left. (9:00)
- 7-8 Step side right, cross left over right.

Tag – danced after wall 2 facing 6:00 & wall 6 facing 3:00.

[1-8] Step, Sweep, Step, Sweep, Jazz Box Cross.

- 1-2 Step forward right, sweep left foot forward.
- 3-4 Step forward left, sweep right foot forward.
- 5-6 Cross right over left, step back left.
- 7-8 Step right to right side, step left over right.

REPRENDRE LA DANSE AU DÉBUT AVEC LE SOURIRE