

# StryderMan

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**Count:** 32                      **Wall:** 4                      **Level:** Intermediate

**Choreographer:** Ross Brown (UK) July 2009

**Music:** StryderMan by Tinchy Stryder (115 BPM), CD; Stryderman (Single) [Length - 3:26]

## **Intro: 32 Counts (Approx. 16 Secs)**

**CROSS, UNWIND ½ TURN L with KICK, TOGETHER. REPEAT. HIP BUMPS. TOGETHER, CROSS.**

- 1-2&**            Cross step right over left, unwind a ½ turn left and kick left foot forward, step left slightly back.
- 3-4&**            Repeat Counts 1-2& of this Section.
- 5-6-7**           Step right to the right bumping hips to the right, bump hips to the left, bump hips to the right.
- &8**              Step left next to right, cross step right over left.

## **(12 o'clock)**

**DIAGONAL KICK, TOGETHER. DIAGONAL KICK, STEP ¼ TURN R. DIAGONAL KICK, SIDE STEP ¼ TURN R. DIAGONAL KICK, SAILOR STEP. SAILOR FORWARD. SLIDE TOGETHER with KNEE POP.**

- &1**              Kick left foot forward to left diagonal, step left next to right.
- &2**              Kick right foot forward to right diagonal, make a ¼ turn right stepping right next to left.
- &3**              Kick left foot forward to right diagonal, make a ¼ turn right stepping left to the left.
- &4&5**           Kick right foot forward to right diagonal, cross step right behind left, step left to the left, step right to the right.
- 6&7**            Cross step left behind right, step right to the right, step forward with left.
- 8**                Slide right foot up to left (stepping onto it) and pop left knee forward.

## **(6 o'clock)**

**SCOOT BACK TWICE. TOE SWIVEL ¼ TURN L, HEEL SWIVEL, TOE SWIVEL. KICK ¼ TURN L.**

**CROSS, BACK, SIDE. STEP FORWARD.**

- 1-2 Raise left knee into hitched position and jump back twice on right foot.
- 3&4 With knee still hitched; make a ¼ turn left twisting right toes to the left, twist right heel to the left, twist right toes to the left.
- 5 Make a ¼ turn left kicking left foot forward.
- 6&7 Cross step left over right, step back with right, step left to the left.
- 8 Step forward with right.

**(12 o'clock)**

**SIDE SWITCHES. POINT FORWARD, TOGETHER, SIDE STEP ¼ TURN R. APPLE JACKS.**

- 1&2& Point left toe to the left, step left next to right, point right toe to the right, step right next to left.
- 3&4 Point left toe forward, step left next to right, make a ¼ turn right stepping right to the right (placing feet so toes are pointing to their respective forward diagonals/corners).
- &5-6 Raise and twist left toe and right heel to the right, return feet to previous position, hold for 1 Count.
- &7 Raise and twist right toe and left heel to the left, return feet to previous position.
- &8 Raise and twist left toe and right heel to the right, return feet to previous position.

**(3 o'clock)**

**End of Dance. Start again and Enjoy!**

**Optional (Hands/Arms) Stuff:**

**SECTION 2: On each of the Kicks, start by clicking the opposite hand to the kicking foot just above it's respective shoulder. Then bring the arm down in front of you and point it towards the floor in a similar direction to which you were kicking.**

**SECTION 3: Start with both hands clenched and arms fully extended in front of you at chest height.**

**As you Scoot, pop both shoulder and push both elbows backwards.**

**As you do the Swivels, imagine your right hand is holding a Steering Wheel in front of you and move your hand left, right, left with the Count.**

**SECTION 4: On the “Apple Jacks”, start with right arm horizontal across chest (4). Twist/raise arm so that it points upwards (&). Lower arm to previous position (5). Bring left arm up to join right arm (6). Raise left arm so that it points upwards (&). Hold arms in this position (7). Raise right arm so that it points upwards (&). Hold arms in this position (8).**

**SECTION 1: As you start again, bring both arms back to horizontal across chest (1). Keep rotating arms so that they both point downwards (&). Keep rotating arms so they end pointing to the sides (2).**