

Understand Your Man

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Count: 32 **Wall:** 2 **Level:** Beginner

Choreographer: Susan Prats - March 2019

Music: Understand Your Man by Johnny Cash

Intro: 32 Counts - No Tags or Restarts

RIGHT SIDE ROCK, CROSS, HOOK L BEHIND; STEP L, STEP BACK ON R, TURN ½ RIGHT, STEP L FORWARD, HOOK R BEHIND

1, 2, 3, 4: Step R to Side, Recover on L, Cross R Over L, Bring L Foot Up Behind R Knee for Hook

5, 6: Step L, Step Back on R, Turn ½ Right

7,8: Step L Forward, Bring R Foot Up Behind L Knee for Hook (6:00)

GOING BACK - STEP, SLIDE, STEP, HOOK; FORWARD STEP, SLIDE, STEP, BRUSH

1, 2, 3, 4: Going Back, Step R, Slide L, Step R, Hook L Foot in Front of R Knee

5, 6, 7, 8: Going Forward, Step L, Slide R, Step L, Brush Foot Forward (6:00)

DOUBLE RIGHT FORWARD KICK, STEP BACK, LEFT FOLLOW; HEEL SPLIT, TOGETHER, TOE SPLIT, TOGETHER

1, 2, 3, 4: With Weight on Left Foot, Kick R Forward Twice; Step R Back, Step L Together

5, 6: With Weight on Balls of Both Feet, Spread Heels Outward, Then Bring Them Together

7, 8: With Weight on Both Heels, Spread Toes Outward, Then Bring Them Together (6:00)

RIGHT ¼ TURN JAZZ BOX; ROCKING CHAIR

1, 2, 3, 4: Cross R over L, Step L Back, Turn Right ¼, Step R, Step L

5, 6, 7, 8: R Rock Forward, L Recover; R Rock Back, L Recover (9:00)

NOTE: There is an instrumental at the end; it is a full pattern - 32 counts. The song is a short song so be sure to take advantage of it.

Dance for Physical and Mental Health

Contact: [jcummings246@aol.com](mailto:jcumings246@aol.com)

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