

Act Like A Man

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CD: Home Before Dark, Deluxe Edition, Track #7, Artist: Neil Diamond Available from Amazon
Rhythm/Level: Waltz RAL Phase II + 2 [Spin Trn, Box Finish] + 1 [Interrupted Box]
Footwork: Opposite unless noted (Woman's Footwork in parentheses) Difficulty Level –Easy
Timing: Standard RAL Waltz unless noted. Time @ 45 RPM: 4:04 Adjust Speed For Comfort
Sequence: Intro-A-Brg-A-B-A-C-B-D-End Released: July 1, 2015

Meas

INTRODUCTION

1 - - 4 OP FCNG WALL WAIT 2;; APT, PT; TOG BFLY WALL & TCH;

1 - 2 OP Fcng Wall lead ft free wait 2 meas;

3 - 4 [Apt, Pt] Apt L, pt R twd Ptr, -; [Tog, Tch] Rec R to fc Ptr, tch L to R in BFLY, -;

PART A

1 - - 4 SOLO TRN 6;; TWIRL VINE 3; THRU, FC, CL;

1 - 2 [Solo Trn] Sd & Fwd L commence LF trn away from ptr, continue trn sd R, bk L to complete 3/4 trn; Bk R commence LF trn, continue trn sd L, cl R to BFLY;

3 [Twirl Vine 3] Sd L, XRIB, sd L (Sd R commence RF trn under joined ld hnds, fwd & sd L continue trn, sd R completing trn to fc ptr);

4 [Thru, Fc, Cl] Thru R commencing RF trn to fc ptr, sd L, cl R to L to CP;

5 - - 8 LFT TRNG BOX;;;;

5 - 8 [Lft Trng Box] Fwd L commence LF trn ¼, complete trn sd R, cl L to R; Bk R commence LF trn ¼, complete trn sd L, cl R to L; Fwd L commence LF trn ¼, complete trn sd R, cl L to R; Bk R commence LF trn ¼, complete trn sd L, cl R to L blnd to BFLY;

9 - - 12 STP SWING; SPIN MANUV; SPIN TRN; BOX FINISH;

9 [Stp, Swing] Stp sd L, lift & swing rt ft fwd across twd LOD with the leg straight, toe pointed down & about 3" above the floor, -;

10 [Spin Manuv] Fwd R commence RF upper body trn, continuing RF trn to fc ptr sd L, cl R (Commence LF spin in place L, R, L to end fcng LOD & ptr);

11 [Spin Trn] Commence RF upper body trn bk L pivoting ½ RF to fc DLW, fwd R betwn W's feet heel to toe cont trn leaving lft leg extended bk & sd, complete trn rec bk L fc DLW (Commence RF upper body trn fwd R betwn M's feet heel to toe pivoting ½ RF, bk lft toe cont trn brush R to L, complete fwd R);

12 [Box Finish] Bk R commence LF trn, sd L, cl R to L (Fwd L commence LF, sd R, cl L to R);

13 - 16 1 LFT TRN; BK WALTZ; 2 RT TRNS;;

13 [Left Trn] Fwd L commence ¼ LF trn, cont trn sd R diagonally across LOD trng ¼ LF, cl L to R fc RLOD;

14 [Bk Waltz] Bk R, bk & slightly sd L, cl R to L;

15 - 16 [2 Rt Trns Fc Wall] Bk L commence RF trn, continue trn sd R twd LOD trng RF, cl L fc DLC; fwd R continue RF trn, continue trn sd L diagonally across LOD trng RF to Fc Wall, Cl R (Fwd R commence RF trn, continue trn sd L diagonally across LOD trng RF, cl R; bk L continue RF trn, continue trn sd R twd LOD trng RF to fc COH, cl L);

BRG

1 - - 2 CANTER 2X;;

1 - 2 [Canter 2X] Sd L, draw R to L, cl R; Sd L, draw R to L, cl R;

PART A (MOD)

1 - - 4 SOLO TRN 6;; TWIRL VINE 3; THRU, FC, CL;

1 - 2 [Solo Trn] Repeat Meas 1 & 2, Part A;;

3 [Twirl Vine 3] Repeat Meas 3, Part A;

4 [Thru, Fc, Cl] Repeat Meas 4, Part A;

5 - - 8 LFT TRNG BOX;;;;

5 - 8 [Lft Trng Box] Repeat Meas 5-8, Part A;;

9 -- 12 STP SWING; SPIN MANUV; SPIN TRN; BOX FINISH;

- 9 [Stp, Swing] Repeat Meas 9, Part A;
 10 [Spin Manuv] Repeat Meas 10, Part A;
 11 [Spin Trn] Repeat Meas 11, Part A;
 12 [Box Finish] Repeat Meas 12, Part A;

13 – 16 1 LFT TRN; BK WALTZ; 2 RT TRNS to SCAR/LOD;;

- 13 [Left Trn] Repeat Meas 13, Part A;
 14 [Bk Waltz] Repeat Meas 14, Part A;
 15 – 16 [2 Rt Trns SCAR/ LOD] Bk L commence RF trn, continue trn sd R twd LOD trng RF, cl L fc DLC; fwd R continue RF trn, continue trn fwd L trng RF to Fc LOD, Cl R (Fwd R commence RF trn, continue trn sd L diagonally across LOD trng RF, cl R; bk L continue RF trn, continue trn sd R twd LOD trng RF, cl L;) blnd to SCAR/LOD;

PART B**1 -- 4 3 PROG TWINKLES;;; FWD, TCH;**

- 1 – 3 [Prog Twinkles] XLIF trng slightly LF to momentary CP, sd R continue LF trn to BJO, cl L to R; XRIF trng slight Rf to momentary CP, sd L continue RF trn to SCAR, cl R to L; XLIF trng slightly LF to momentary CP, sd R continue LF trn to BJO, cl L to R;
 5 [Fwd Tch] Fwd R, tch L to R, hold;;

5 -- 8 3 BK PROG TWINKLES;;; BOX FINISH CP/LOD;

- 5 – 7 [Bk Prog Twinkles] XLIB trng slightly LF to momentary CP, sd R continue LF trn to BJO, cl L to R; XRIB trng slight RF to momentary CP, sd L continue RF trn to SCAR, cl R to L; XLIB trng slightly LF to momentary CP, sd R continue LF trn to BJO, cl L to R;
 8 [Box Finish] Bk R commence slight LF trn, sd L to R, cl R to L to CP/LOD;

9 -- 12 PROG BOX;; 2 LFT TRN FC WALL;;

- 9 – 10 [Prog Box] Fwd L, sd R, cl L to R; Fwd R, sd L, cl R to L;
 11 – 12 [2 Lft Trns] Fwd L commence LF trn, continue trn sd R diagonally across LOD trng LF to fc DRC, cl L to R; bk R continue LF trn, continue trn sd L to fc Wall, cl R to L (Bk R commence LF trn, continue trn sd L twd LOD fc DLW, cl R to L; fwd L continue LF trn, continue trn sd R diagonally across LOD trng LF, cl L to R;) CP/Wall;

13 – 16 TWIST VINE 3; FWD, FC, CL; BOX;;

- 13 [Twist Vine 3] Sd L, XRIB, sd L (sd R, XLIF, sd R);
 14 [Fwd, Fc, Cl] Fwd R commencing slight RF trn, sd & fwd L to fc ptr & wall, cl R to L;
 15 – 16 [Box] Fwd L, sd R, cl L to R; Bk R, sd L, cl R to L;

17 – 18 BAL L & R;;

- 17 – 18 [Bal L & R] Sd L, XRIB with slight rise, rec L; Sd R, XLIB with slight rise, rec R;

REPEAT A**PART C****1 -- 4 INTERRUPTED BOX;;;;**

- 1 – 4 [Interrupted box] Fwd L, sd R, cl L (Bk R, sd L, cl R); Bk R, sd L, cl R (W fwd L comm RF trn ½ under ld hnds, fwd R cont trn, fwd L comp ½ RF trn to fc Wall); Fwd L, sd R, cl L (W cont RF trn ½ fwd R, fwd L cont trn, fwd R comp ½ RF trn to fc ptr & CP COH); Bk R, sd L, cl R ending CP Wall; [Note for Woman: meas 2 & 3 are a gradual RF full revolution ending in CP.]

5 -- 8 LACE X; FWD WALTZ; LACE X; FWD WALTZ; (Lace Up)

- 5 – 6 [Lace X] Passing beh W with lead hnds joined moving diagonally across LOD fwd L, fwd R, fwd L (Passing in front of M under joined lead hnds moving diagonally across LOD fwd R, fwd L, fwd R);
 [Fwd Waltz] Fwd R, fwd L, fwd R;
 7 – 8 [Lace X] Passing beh W with trail hnds joined moving diagonally across LOD fwd L, fwd R, fwd L (Passing in front of M under joined trail hnds moving diagonally across LOD fwd R, fwd L, fwd R);
 [Fwd Waltz] Fwd R, fwd L, fwd R;

9 -- 12 CIRCLE CHASE IN;; CIRCLE CHASE OUT TO BFLY;;

- 9 – 10 [Circle Chase In] Circling LF twd COH fwd L, fwd R, fwd L (following M fwd R, fwd L, fwd R); Cont circle Twd COH fwd R, fwd L, fwd R (cont following M fwd L, fwd R, fwd L;) to fc RLOD in LOP;
 10 – 11 [Circle Chase Out] Continue circle LF now following W twd Wall fwd L, fwd R, fwd L (leading M fwd R, fwd L, fwd R); Cont Circle twd wall fwd R, fwd L, fwd R (still leading M fwd L, fwd R commence trng LF, fwd L completing LF trn to fc ptr;) BFLY Wall;

13 – 16 BAL L; SD, DRAW, TCH; WALTZ AWAY; PU SCAR;

- 13 [Bal L] Sd L, XRIB with slight rise, rec L;
- 14 [Sd, Dr, Tch] Sd R, draw L to R, tch L to R to BFLY;
- 15 [Waltz Away] With inside hnds joined fwd L trng away from ptr, sd & fwd R, fwd L;
- 16 [PU SCAR] Fwd R, fwd L commence slight RF trn, cl R to fc DLW (Fwd L commence LF trn, sd R across LOD, cl L to end in SCAR DLW);

REPEAT PART B**PART D****1 -- 4 SOLO TRN 6;; WALTZ AWAY & TOG;;**

- 1 – 2 [Solo Trn 6] Repeat Meas 1 & 2, Part A;;
- 3 – 4 [Waltz Away & Tog] With inside hnds joined fwd L trng away from ptr, sd & fwd R [to a slight Bk to Bk], cl L to R; sd & fwd R trng to fc ptr, sd & fwd L, cl R to L;

5 -- 8 LACE X; FWD WALTZ; LACE X; FWD WALTZ; (Lace Up)

- 5 – 8 [Lace Up] Repeat Meas 5-8, Part C;;;

9 -- 12 CIRCLE CHASE IN;; CIRCLE CHASE OUT TO BFLY;;

- 9 – 10 [Circle Chase In] Repeat Meas 9 & 10. Part C;;
- 11 – 12 [Circle Chase Out] Repeat Meas 11 & 12, Part C;;

13 – 16 BAL L; CANTER R; BAL R; CANTER L;

- 13 [Bal L] Sd L, XRIB with slight rise, rec L;
- 14 [Canter R] Sd R, draw L to R, cl L;
- 15 [Bal R] Sd R, XLIB with slight rise, rec R;
- 16 [Canter L] Sd L, draw R to L, cl R;

END**1 -- 4 CIRCLE CHASE IN;; CIRCLE CHASE OUT TO BFLY;;+**

- 1 – 2 [Circle Chase In] Repeat Meas 9 & 10. Part C;;
- 3 – 4 [Circle Chase Out] Repeat Meas 11 & 12, Part C;;

5 -- 8 BAL L; SD, DRAW, TCH; DIP BK; TWIST, ETC;

- 5 [Bal L] Sd L, XRIB with slight rise, rec L;
- 6 [Sd, Dr, Tch] Sd R, draw L to R, tch L to R to CP/Wall;
- 7 [Dip] Bk L take full weight with the knee relaxed or slightly bent with slight body twist keeping R leg extended with the knee and ankle forming a straight line from the hip and the toe remaining on the floor;
- 8 [Twist, etc] Continue upper body rotation as far as is comfortable, kiss & leg crawl;

Quick Cues**Act Like A Man****(Ph II + 2 + 1 – Waltz)****(Spin Trn, Box Finish, Interrupted Box)****(Weiss)****Intro Op Fcng Wait 2;; Apt, Pt; Tog Bfly Tch;**

- A** Solo Trn 6;; Twirl Vine 3; Thru, Fc, Cl;
Lft Trng Box;;;
Stp Swing; Spin Manuv; Spin Trn; Box Finish;
1 Lft Trn; Bk Waltz; 2 Rt Trns Fc Wall;;
- Brg** Canter 2X;;
- A** Solo Trn 6;; Twirl Vine 3; Thru, Fc, Cl;
Lft Trng Box;;;
Stp Swing; Spin Manuv; Spin Trn; Box Finish;
1 Lft Trn; Bk Waltz; 2 Rt Trns Fc LOD Blind to SCAR;
- B** 3 Prog Twinkles;;; Fwd, Tch;
Bk Prog Twinkles;;; Box Bk LOD;
Prog Box;; 2 Lft Trns Fc Wall;;
Twist Vine 3; Fwd, Sd, Cl;
Box;; Bal L & R;;
- A** Solo Trn 6;; Twirl Vine 3; Thru, Fc, Cl;
Lft Trng Box;;;
Stp Swing; Spin Manuv; Spin Trn; Box Finish;
1 Lft Trn; Bk Waltz; 2 Rt Trns Fc Wall;;
- C** Interrupted Box;;;
Lace Up;;;
Circle Chase In;; Out;;
Bal L; Sd, Draw, Tch; Waltz Away; PU SCAR;
- B** 3 Prog Twinkles;;; Fwd, Tch;
Bk Prog Twinkles;;; Box Bk LOD;
Prog Box;; 2 Lft Trns Fc Wall;;
Twist Vine 3; Fwd, Sd, Cl;
Box;; Bal L & R;;
- D** Solo Trn 6;; Waltz Away & Tog;;
Lace Up;;;
Circle Chase In;; Out;;
Bal L; Canter R; Bal R; Canter L;
- End** Circle Chase In;; Out;;
Bal L; Sd, Draw, Tch CP/Wall; Dip Bk; Twist, Etc;