

COMING BACK AS A MAN

Music: www.dancelife.nl Dancelife Masters of Modern 18

Track # 13 Time 3:33

Available from choreographer

Rhythm: Foxtrot Phase: V

Footwork: Opposite except where (Noted)

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Sequence: **INTRO AB AB(1- 12) BRIDGE C B(5-15) END**



INTRO

01-04 OP LOD LEAD FOOT FREE WAIT 2 MEASURES ; ; OPPOSITE BALANCE ; SIDE TOUCH/W TURN to PU LOD ;
{Wait} OP LOD Ld ft free wait 2 meas ; ; {Opposite Balance} Sd L, -, XRib (W XLib), rec L ; {Sd Tch/W turn to PU LOD} [SS/S-QQ] Sd R, -, tch L, - (W trng LF fwd L in frt of M, -, cont trn sd R, cl L) ;

PART A

01-04 TURN LEFT & R-CHASSE to BJO ; BACK TWISTY VINE 4 ; OUTSIDE CHANGE to SCP ; THRU VINE 4 ;
{Trn Left & R Chasse to BJO} [SQ&Q] Fwd L trng LF, -, twd LOD & risg progly sd R/cl L, bk R BJO DRC ; {Bk Twisty Vine 4} [QQQQ] Back L in BJO, sd R trng to SCAR, fwd L in SCAR, sd & bk R trng to BJO ; {Outsd Chng to SCP} Trng LF bk L, -, bk & sd R cont LF trn, sd & fwd L (W fwd R, -, L, R) to SCP DLW ; {Thru Vine 4} [QQQQ] XRif (W XLif), sd L fcg ptr, XRib (W XLib), sd L to SCP LOD ;

05-08 PROMENADE WEAVE ; ; CHANGE of DIRECTION ; DOUBLE REVERSE SPIN ;
{Promenade Weave} [SQQ:QQQQ] Fwd R, -, fwd L stg LF trn, contg trn sd & bk R (W fwd L in pick up action, -, sd & bk R trng LF to CP, cont trng on R then fwd & sd L) to BJO LOD ; Bk L, bk R twd DLC trng LF to CP, sd & fwd L twd DLW, fwd R (W Fwd R outside ptr, fwd L trng LF to CP, sd & bk R contg LF trn to fc COH, bk L) to BJO DLW ; {Chng of Direction} [SS] Fwd L, -, fwd & sd R trng LF 1/4, draw L to CP DLC ; {Dbl Reverse Spin} Fwd L com to trn LF, -, sd R DLC, spin LF on ball of R bring L undr bdy beside R no wgt flexed knees (W bk R stg to trn LF, -, cl L to R [heel trn]/sd & slightly bk R cont LF trn, XLif) to CP DLW ;

09-12 WHISK ; WHISK in 4 ; WEAWE 3 to BJO ; BACK BACK/LOCK BACK ;
{Whisk} Fwd L, -, sd & fwd R, XLib (W XRib) to SCP DLC ; {Whisk in 4} [QQQQ] Thru R in SCP, trng twd ptr cl L to CP WALL, sd R, XLib (W XRib) to SCP LOD ; {Weave 3 to BJO} Thru R comm LF turn, -, fwd L trng to CP fcg DLC, sd & bk R in BJO RDC ; {Bk Bk/lk Bk} [SQ&Q] Bk L, -, bk R/lk Lif, bk R ;

13-16 IMPETUS to SCP ; THRU SIDE BEHIND ; ROLL 3 to SCP ; SLOW SIDE LOCK ;
{Impetus to SCP} Bk L comm RF trn, -, cl R heel trn, fwd L (W fwd R btw M's ft heel to toe pvt 1/2 RF, -, sd & fwd L cont trn arnd M brush R to L, fwd R) to SCP LOD ; {Thru Sd Behind} Thru R, -, sd L, XRib (W XRib) to mom LOP RLOD ; {Roll 3 to SCP} Bk & sd L stg LF roll twd LOD, -, cont trn on ball of L ft & cl R, cont roll sd & fwd L to OP slight V LOD ; {Slow Sd Lk} Thru R, -, fwd & sd L rising trng LF, cl R (W thru L trng LF, -,sd R trng LF, XLif) to CP DLC ;

PART B

01-04 OP REVERSE TURN ; BACK & CHASSE to BJO ; OP NATURAL ; HESITATION CHANGE ;
{OP Reverse Turn} Fwd L stg LF trn, -, sd R contg trn, bk L compg 3/8 LF trn (W bk R stg LF trn, -,sd L cont trn, fwd R outsd ptr) to BJO RLOD ; {Bk & Chasse to BJO} [1,2&3] Bk R, -, trng LF chasse sd L/cl R, sd & fwd L trng to BJO DLW ; {OP Natural} Fwd R between W's feet trng RF, -, sd L twd Wall, bk R with right shoulder lead BJO (W bk L, -, cls R heel turn, fwd L outsd M to BJO) ; {Hesitation Change} [SS] Bk L trng RF, -, sd R contg trn, draw L CP LOD ;

Page 2 : Coming Back As A Man

05-08 TELEMARK to SCP ; HOVER FALLAWAY ; SLIP PIVOT ; CROSS PIVOT to SCAR :

{**Telemark to SCP**} Fwd L com LF trn, -, sd R contg LF trn, sd & fwd L (*W bk R to heel stg LF trn bringing L ft beside R w/ no wgt, -, cont LF trn on R heel & chg wgt to L risg to ball, sd & sltly fwd R*) to SCP DLW ; {**Hover Fallaway**} Fwd R, -, fwd L risg & ckg, rec R to SCP DLW ; {**Slip Pivot**} Bk L, -, bk R trng LF, fwd L (*W bk R, -, trng ½ LF slip L fwd, sd & bk R*) to BJO DLW ; {**Cross Pivot to SCAR**} Fwd R in frt of W strt RF trn, -, sd L cont RF trn, fwd R (*W sm bk L strt RF trn, -, fwd R btw M's ft heel to toe pvtg ½ RF, sd & bk L*) to SCAR DLW ;

09-12 CROSS HOVER to SCP ; NATURAL WEAVE ; ; DRAG HESITATION :

{**Cross Hover to SCP**} XLif, -, sd R hvrg, rec L (*W XRib, -, sd & bk L w/ strong RF trn, fwd R*) to SCP LOD ; {**Natural Weave**} [SQO;QOOQ] Fwd R trng RF, -, sd L, bk R (*W fwd L, fwd R between M's feet, fwd L*) to BJO DRW ; Bk L, bk R in CP trng LF, cont LF trn sd L, fwd R to BJO DLW ; {**Drag Hesitation**} [SS] Fwd L, -, stg LF trn sd R, contg LF trn draw L to BJO DRC ;

13-16 DIP BACK & RECOVER ; SIDE SWAY L & R ; BACK HOVER TELE ; SLOW SIDE LOCK :

{**Dip Bk & Rec**} [SS] To LOD Bk L w/ flexed knee, -, rec R to CP RLOD, - ; {**Sd Sway L & R**} Sd L, sway L, sd R, sway R ; {**Bk Hover Tele**} Strt RF trn bk L, cont trn sd & fwd R rising slightly & trng RF, fwd L small step on toe (*W strt RF trn fwd R between M's ft pivoting 1/2 RF, sd & fwd L cont trn rising slightly & trng RF, fwd R step on toe*) end SCP LOD ; {**Slow Sd Lk**} Repeat meas 16 Part A ;

BRIDGE

01-04 WEAVE ENDING ; SLOW CHANGE of DIRECTION :

{**Weave Ending**} [QOOQ] Bk L, trng LF & blendg to CP bk R, sd & fwd L, fwd R to BJO DLW ; {**Slow Chng of Dir**} Repeat meas 7 SLOW Part A ;

PART C

01-04 OP REVERSE TURN ; HOVER CORTE ; BACK HOVER to SCP ; THRU VINE 4 :

{**OP Reverse Turn**} Repeat meas 1 Part B ; {**Hover Corte**} Bk R stg ½ LF trn, -, cont trn sd & fwd L rising & compg trn, rec R to BJO LOD ; {**Bk Hover to SCP**} Bk L, -, bk R risg sltly, rec L (*W fwd R, -, fwd & sd L trng RF risg & brushg R to L, contg RF trn sd & fwd R*) to SCP DLC ; {**Thru Vine 4**} Repeat meas 4 Part A ;

05-08 START IN & OUT RUNS INTERRUPT with DOUBLE BACK LILT ; ; ; FINISH IN & OUT RUNS ; CHAIR & SLIP :

{**Start In & Out Runs**} Trng RF fwd R, -, sd & bk L, bk R (*W fwd L, -, fwd R between M's ft, fwd L*) to BJO RLOD ; {**Interrupt with Dbl Bk Lilt**} [QOOQ] In BJO bk L, cl R to L rising onto toes and keeping knees bent, bk L, cl R to L ; {**Finish In & Out Run**} Trng RF bk L, -, contg trn fwd R between W's ft, sd & fwd L (*W trng RF fwd R, -, cont trn sd L in frt of M, cont trn fwd & sd R*) to SCP DLC ; {**Chair & Slip**} Ck thru R, -, rec L, trng LF bk R (*W ck thru L, -, rec R, swvlg LF on R fwd L*) to CP DLC ;

ENDING

01-05 PICK UP SIDE CLOSE / W IN 4 TURNING to SHADOW LOD ; SHADOW DIAMOND TURN ; ; ; ;

{**PU Sd Cl/W in 4 Trng to Shad LOD**} Sm fwd R, -, sd L, cl R (*W trng LF fwd L in frt of M, -, cont trn sd R, small sd L cont trn to LOD, cl R*) to SHADOW POS LOD ; {**Shadow Diamond Turn**} [Start both w/ L-foot] Fwd L, -, trng ¼ LF sd R, bk L ; Bk R, -, trng ¼ LF sd L, fwd R to RDW ; Repeat meas 2,3 Ending ; tot SHADOW POS LOD ;

05-08 SHADOW REVERSE TURN ; ; SHADOW HOVER ; SHADOW CHAIR & HOLD :

{**Shadow Reverse Turn**} Fwd L twd DLC comm LF turn, -, sd R around ptr, bk L twds LOD ; Bk R cont LF trn, -, sd & fwd L cont trn, fwd outsd ptr to BJO DLW ; {**Shadow Hover**} Fwd L, -, fwd & sd R rise to ball of ft, fwd L to SCP DLC ; {**Shadow Chair & Hold**} [S] Thru R relax R knee both fwd poise, -, hold as music fades, - ;