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60 Minute Man

ABSOLUTE BEGINNER 32 Count 4 Walls Choreographed by: Kim Nolan Choreographed to: Sixty Minute Man by Billy Ward and The Dominoes

Intro: ct 48 Start on solo lyrics 'Look'

1 1 - 4 5 - 8	SIDE, TOGETHER, SIDE, TOUCH & CLAP, x 2 Step L to left, Step R together, Step L to left, Touch R next to left & clap Step R to right, Step L together, Step R to right, Touch L next to right & clap
2 1 - 4 5 - 6 7 - 8	ROCK, TOUCH & CLAP, ROCK,TOUCH & CLAP, TOUCH, HITCH, STEP, HOLD (Lift arms above head as you clap on touches) Rock L back,Touch R toe to L toe/clap, Rock R fwd,Touch L toe to R heel/clap Touch L back, Hitch L knee next to R knee Step L back, Hold (weight change to left)
3 1 & 2 3 & 4 5 - 6 7 - 8	KICK BALL CHANGE x 2, SWIVELS Kick R foot fwd, Step R ball of foot in place, Step L in place (weight to left) Repeat 1&2 (sexy swivel fwd with hands in hair) Step R fwd toes turned out R, twist ball of R centre & step L forward toes turned out to L, twist ball of L to centre simultaneously Repeat 5-6
4 1 - 4 5 - 8	JAZZ BOX, TURN, HOLD, THRUSTS (hands in hair) (or Hip Bumps if shy) Cross R over left, Step back on Left, Turn 1/4 right and Step R fwd, Step L tog Hold, Thrust hips/knees forward 3 times (hands in hair) (option if shy: Hip Bumps R, L, R) HAVE FUN ! Love, Kim x

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