



Build Me A Man

32 Count 4 Wall Improver Level Dance.
Choreographed by: Trent Duncan (AUS) Nov 2025
Choreographed to: Build Me A Man by Tori Darke
Intro: 32 Counts. Start at approx 14 secs.

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Note: Start facing 6:00

SEC 1 HEEL SWITCHES, CLAP, HIP BUMPS

- 1&2& Tap R heel to R diagonal, step R beside L, tap L heel to L diagonal, step L beside R
3-4 Tap R heel to R diagonal, clap hands
5-6 Push hips fwd, push hips fwd
7-8 Push hips back, push hips back

SEC 2 ROCK, ¼ SHUFFLE, HEEL GRIND ¼ TURN, COASTER STEP

- 1-2 Step R fwd, rock weight back onto L
3&4 Turn ¼ R step R to R, step L beside R, step R to R (3:00)
5-6 Grind L heel across in front of R, while turning ¼ L taking weight onto R (12:00)
7&8 Step back L, step R beside L, step L fwd

SEC 3 KICK BALL CHANGE, STOMP, STOMP, SAILOR, SAILOR

- 1&2 Kick right foot forward, step right in place, step left place
3-4 Stomp R fwd, stomp L beside R
5&6 Step right foot behind left foot, step left to left side, step right foot in place
7&8 Step left foot behind right foot, step right to right side, step left foot in place

Restart Here on Wall 4

SEC 4 BEHIND, ¼ FWD, ½ PIVOT, FULL TURN, STOMP, STOMP

- 1-2 Step R behind L, turning ¼ turn L step L fwd (9:00)
3-4 Step R fwd, pivot ½ turn over L taking weight onto L (3:00)
5-6 Turn ½ L step R back, turn ½ L step L forward (9:00)
7-8 Stomp R fwd, stomp L beside R

Tag At the end of Walls 2 and 6

STEP, ½ PIVOT, STEP, ½ DRAW

- 1-4 Step R fwd at 45deg, ½ pivot L over 3 counts

Arms bend down with R knee leaning into turn whilst scooping the R hand down towards the ground,
Coming out of turn straighten leg back up whilst bringing the R hand through up into the air

- 5-8 Step fwd on R, turn ½ L drag your L foot towards your R, bringing feet together taking weight onto L

Arms Wall 2 - Bring both hand to your head and slowly expand arms out into the air over the 4 counts

Arms Wall 6 - Bring both hands to your chest and slowly expand arms outwards over 4 counts

Ending After 18 counts of last Wall, step fwd on your right foot, dropping your left knee (lunge) both arms up into a "bicep flex".



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