I'M COMING BACK AS A MAN

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Music: Coming Back As A Man (Acoustic Version)  Artist: Caro Emerald
Album: The Shocking Miss Emerald Acoustic Sessions, Track 2
As downloaded 3:39 @ 45 RPM = 108 BPM or 27 MPM

Time/Speed: Time @ RPM: 3:35 @ 46.6 RPM [+4%] = 112 BPM [28 MPM] or speed to suit

MEAS:

MEAS:  INTRODUCTION

1-4

ABOUT 6 FEET APART  MAN FACING PARTNER & DLW  LEAD FEET FREE  NO HANDS

JOINED  WAIT 1 MEAS;  CROSS POINT TOGETHER 4 TIMES TO CP DLW;  CHANGE
OF DIRECTION:

1

2

3

4

Q-Q- 2  {X PT TOG 4X} XLif, point R slightly to sd & fwd, XRif, pt L slightly to sd & fwd (W XRif, point L
slightly to sd & fwd, XLif, pt R slightly to sd & fwd);  Q-Q- 3 XLif, point R slightly to sd & fwd, XRif, pt L slightly to sd & fwd ending CP DLW (W XRif, point L
slightly to sd & fwd, XLif, pt R slightly to sd & fwd ending CP DRC);  SS 4 {CHG OF DIR} Fwd L, -, fwd R DLW trng LF to DLC, draw L [no weight] CP DLC (W Bk R, -, bk L
trng LF to DRW, draw R [no weight] CP DRW);

PART A

1-4

REVERSE TURN :;  HOVER TO LOD ;  THRU SYNCOPATED TWIRL TO SCP LOD ;

SQQ 1  {REV TRN} Fwd L commence LF bdvy trn, -, sd R cont trn, bk L LOD to CP RLOD (W Bk R
commence LF trn, -, cl L to R [heel trn] cont trn, fwd R to CP LOD);  SQQ 2 Bk R cont LF trn, -, sd & slightly fwd L DLW, fwd R to BJO DLW (W Fwd L cont LF trn, -, sd R to
DLW, bk L to BJO DRC);  SQQ 3 {HVR TO LOD} Fwd L, -, fwd & slightly sd R rising to ball of foot, sd & slightly fwd L to tight SCP LOD (W Bk R, -, bk & slightly sd L rising to ball of foot, sd & slightly fwd R to tight SCP LOD);  SQQ&Q 4 {THRU SYNC TWRL TO SCP LOD} Thru R raising lead hnds, -, fwd L/cl R, fwd R to SCP LOD (W Thru L, -, sd & fwd R trng 1/2 RF undr jnd lead hnds/cl L to R cont trng RF, fwd R to SCP LOD);

5-9

OPEN NATURAL ;  QUICK OUTSIDE SWIVEL TWICE ;  IMPETUS TO SCP ;  PROMENADE
WEAVE ; ;

SQQ 5 {OP NAT} Commence RF bdvy trn thru R heel to toe, -, sd L acrs LOD, cont slight RF bdvy trn bk R
leading ptr to stp outsnd end BJO DRC (W Thru L, -, fwd R to CP, fwd L outsnd the M to BJO DLW);  Q-Q- 6 {QK OUTSD SWVL 2X} Bk L in CMBP, XRif of L w/ no wgt leading W to swvl 1/2 to SCP DRC,
step fwd R leaving L foot pointed bk [no wgt] leading W to swvl 1/2 LF end BJO DRC (W Fwd R, swvl 1/2 RF on ball of R foot to SCP DRC, fwd L, swvl 1/2 LF on ball of L foot to BJO DLW);  SQQ 7 {IMP TO SCP} Flexed knees throughout begin RF bdvy trn bk L, -, cl R to L [heel turn] cont RF trn,
comp trn fwd L to SCP DLC (W Flexed knees throughout begin RF bdvy trn fwd R outsnd M's feet
heel to toe pvt 1/2 RF, -, sd & fwd L cont trn and M brush R to L, comp trn fwd R SCP DLC);  SQQ 8 {PROM WEV} Thru R, -, fwd L commence LF trn, sd & slightly bk R fc BJO DRW (W Thru L, -, sd & slightly bk R commence LF trn to BJO DRW, cont trng on R foot until fchg LOD then fwd L DRC);  QQQQ 9 Bk L DLC, bk R commence LF trn & lead W to CP, sd & slightly fwd L DLW, fwd R outsnd ptr to BJO DLW (W Fwd R, fwd L DLC commence LF trn, cont LF trn sd & slightly bk R fchg COH, bk L to
end fchg BJO DRC);

10-12

QUICK DIAMOND 4 DLC :  DIP BACK  RECOVER :  TURN LEFT & RIGHT CHASSE TO BJO ;

QQQQ 10 {QK DIAM 4 DLC} Fwd L on diagonal commence LF trn, continue LF trn sd R, bk L, bk R to BJO
dLC (W Bk R on diagonal LF trn, continue LF trn sd L, fwd R, fwd L to BJO DRW);  SS 11 {DIP BK REC} Bk L stp DRW, -, rec R to BJO DLC, - (W Fwd R BJO DRW, -, rec L BJO DRW);  SQQ&Q 12 {TRN L & R CHASSE TO BJO} Fwd L commence LF bdvy trn, -, cont LF trn sd R/cl L, sd R fc BJO
DRC (W Bk R commence LF bdvy trn, -, cont LF trn sd L/cl R, sd L to BJO DLW);

13-16

OUTSIDE CHANGE TO SCP ;  NATURAL FALLAWAY WEAVE ; ;  CHANGE OF DIRECTION;

SQQ 13 {OUTSD CHG TO SCP} Bk L, -, bk R trng LF, sd & fwd L to SCP DLC (W Fwd R, -, fwd L trng LF, sd &
fwd R to SCP DLC);  SQQ 14 {NAT FALWY WEV} Thru R w/ right sd stretch begin RF bdvy trn, -, fwd L rise on toe cont trng 1/4
RF, bk R end SCP DRW (W Thru L with left sd stretch, -, fwd R rising to toe between M's feet
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PART B

1-4

TELEMARK TO BANJO; NATURAL WEAVE; HOVER TO BANJO;

SQQ 1 (TELE TO BJO) Fwd L commencing LF tmn, -, fwd & sd R arnd W cl to W’s feet tmn LF, fwd & sd L to
end BJO DLW (W Bk R commencing LF heel tmn on R heel bringing L beside R w/ no weight, -, cont LF tmn on R heel & chg wgt to L, bk & sd R to BJO DRC);

SQQ 2 (NAT WEV) Fwd R commence RF tmn, -, sd L w/ L sd stretch [undr 1/4 RF tmn between stps 1 & 2], w/ R sd lead bk R DRC preparing to lead W outsd ptr [slight RF tmn between stps 2 & 3] (W Bk L commencing RF tmn, -, bk R w/ right sd stretch tmн 1/4 RF between stps 1 & 2, w/ L lead fwd L preparing to stp outsd ptr);

SQQ 3 With R sd stretch bk L in CBMP, bk R LF tmn passing through CP, with L sd stretch sd & fwd L preparing to stp outsd ptr tmn 1/4 LF between stps 5 & 6 body trns less, with L sd stretch fwr R to BJO DLW (W With L sd stretch fwr R in CBMP outsd ptr, fwr L LF tmn passing through CP, with R sd stretch sd R trn LF face 1/8 between stps 5 & 6, with R sd stretch bk L trn LF 1/8 between stps 6 & 7 bdy trns less end BJO DRC);

SQQ 4 (HVR TO BJO) Fwd L, -, fwr & sd R rising to ball of foot, w/ slight LF bdv trn sd & fwd L to BJO DLW (W Bk R, -, bk & sd L rising to ball of foot, w/ a slight LF tmn sd & bk R to BJO DRC);

5-8

FRONT TWISTY VINE 4; FRONT PICKET TO SCP; FRONT TWISTY VINE 8;

SQQ 5 (FRONT TWSTY VIN 4) XRif of L tmn slightly RF, sd L to LOD cont RF tmn to SCP DRW, XRib of L beginning to tmn LF, sd & fwd L to BJO DLW (W XLib of R tmn slightly RF, sd R to LOD cont RF tmn to SCP DRW, XRib of R to LOD begin LF, -, sd & bk R to BJO DRC);

SQQ 6 (X PVTR TO SCAR) Fwr R outsd W beginning to trn RF, -, sd & fwr L across W cont RF tmn, cont RF tmn stepping sd & fwr R to SCP DRW (W Bk L small step commence RF tmn, -, sd & fwr R between M’s feet heal toe pvt 1/2 RF, sd & bk L to SCP DRW);

SQQ 7 (FRONT TWSTY VIN 8) XRib of R tmn slightly LF, sd R to LOD trn LF to BJO DRC, XLib of R to LOD trn RF, sd & fwr R to SCP DRW (W XRib of L begin to tmn LF, sd L to LOD cont LF tmn to BJO DLW, XRib of L to LOD trn RF, sd & bk R to SCP DRW);

SQQ 8 XRib of R tmn slightly LF, sd R to LOD trn LF to BJO DRC, XLib of R beginning to trn RF, sd & fwr R to SCP DRW (W XRib of L begin to tmn RF, sd L to LOD cont RF tmn to BJO DLW, XRib of L to LOD trn RF, sd & bk R to SCP DRW);

9-12

CROSS HOVER TO SCP LOD; THRU SCP CHASSE; OPEN NATURAL; HESITATION CHANGE TO LOD;

SQQ 9 (X HVR TO SCP LOD) XLib of R, -, sd & slightly fwr R cont to rise & comp 1/4 LF tmn, diagonally fwrd to SCP LOD (W XRib of L, sd & slightly bk L with rise & strong RF turn, fwrd R to SCP LOD);

SQQ & Q (THRU SCP CHASSE) Thru R, -, sd & fwr L cl R, fwr L to SCP LOD (W Pl L, -, sd & fwr R cl L, fwr R to SCP LOD); [NOTE: Both remaining in SCP throughout figure]

SQQ 10 (OP NAT) Same as Part A meas 5;

SQQ 11 (HES CHG TO LOD) Commence RF bdy trn bk L, -, sd R cont RF tmn to LOD drawing L to R over remainder of meas end CP LOD, - (W Commence RF bdy trn fwr R, -, sd L cont RF tmn to RLOD drawing R to L over the remainder of the meas end CP RLOD, -);

13-16

THREE STEP; 1/2 NATURAL; CLOSED IMPETUS; FEATHER FINISH;

SQQ 13 (3 STP) Fwd L heel lead, -, fwrd L heel lead rising to toe, fwrd L toe heel (W Bk R, -, bk L, bk R);

SQQ 14 (1/2 NAT) Commence RF bdy trn fwrd R heel to toe, -, cont RF tmn sd L acrs LOD, bk R end CP RLOD (W Commence RF bdy trn bk L, -, cl R [heel trn] cont tmn, fwrd L to CP LOD);

SQQ 15 (CL IMP) Commence RF bdy trn bk L, -, R to L trn [heel trn] cont tmn, sd & bk L to CP DLW (W Commence RF bdy trn fwr R between M’s feet heel to toe trn 3/8 RF, -, sd & fwr L cont RF tmn arnd M & brush R to DLW, fwrd R between M’s feet to CP DRC);

SQQ 16 (FTHR FIN) Bk R tmn LF, -, sd & fwrd L, fwrd outsd W X R leg in front of L at thighs end BJO DLC (W Fwd L tmn LF, -, sd & bk R, bk L crossing leg in bk of R at thighs end BJO DRW);

REPEAT A

PART B MODIFIED

1-4

TELEMARK TO BANJO; NATURAL WEAVE; HOVER TO BANJO;

1-4 Same as Part B meas 1-4 ; ; ;
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5-8
FRONT TWISTY VINE 4 ; CROSS PIVOT TO SCAR ; FRONT TWISTY VINE 8 ;
5-8
Same as Part B meas 5-8 ; ; ;

9-12
CROSS HOVER TO SCP LOD ; THRU SCP CHASSE ; OPEN NATURAL ; HESITATION
CHANGE TO LOD ;
9-12
Same as Part B meas 9-12 ; ; ;

13-14
REVERSE WAVE ;;

SQQ 13
(REV WAV) Fwd L starting 1/4 LF bdy trn, -, sd R LOD, bk L WAL (W Bk R starting 1/4 LF body
trn, -, cl L to R [heel trn], fwd R to WALL);
SQQ 14
Bk R WALL, -, bk L curving LF, bk R to end ffg CP RLOD (W Fwd L, -, fwd R curving, fwd L to end
CP LOD);

PART C

1-5
BACK FEATHER ; BACK 3 STEP ; IMPETUS TO SCP LOD ; IN & OUT RUNS ;;

SQQ 1
(BK FTHR) Bk L, -, bk R w/ R shldr leading, bk L to BJO LOD (W Fwd R, -, fwd L w/ L shldr
leading, fwd R to BJO LOD);
SQQ 2
(BK 3 STP) Bk R, -, bk L, bk R to CP RLOD (W Fwd L w/ heel lead, -, fwd R w/ heel lead & rising
to toe, fwd L toe heel to CP LOD);
SQQ 3
(IMP TO SCP LOD) Bk L trng LF, -, cl R to L cont heel trn, sd & fwd L SCP LOD (W Fwd R
between M's feet trng RF, -, sd L cont trng, sd & fwd R to SCP LOD);
SQQ 4
(I/O RUNS) Fwd R starting RF trn, -, sd & bk L DWL to CP, bk R to BJO RLOD (W Fwd L, -, fwd R
between M's feet, fwd L outsd M to BJO LOD);
SQQ 5
Using CBM bk L trng RF, -, sd & fwd R between W's feet cont RF trn, fwd L to SCP LOD (W Using
CBM fwr R starting RF trn, -, sd & bk L cont RF trn, fwd R to SCP LOD);

6-8
CHAIR & SLIP ; TURN LEFT & RIGHT CHASSE TO BJO ; OUTSIDE CHANGE TO BJO ;

SQQ 6
(CHR & SLP) Ck thru R w/ lun action, -, rec L [no rise], w/ LF bdy trn slip R bhld cont LF trn to CP
DLC (W Ck thru L w/ lun action, -, rec R [no rise], swvl LF on R & step fwr L outsd M to CP DRW);
SQQ&Q 7
(TRN L & R CHASSE TO BJO) Fwd L begin LF bdy trn, -, sd R cont trn LF/cl L, sd R comp trn to
BJO DRC (W Bk R begin LF bdy trn, -, sd L cont LF trn/CL R, sd L comp trn to BJO DLW);
SQQ 8
(OUTSD CHG TO BJO) Bk L, -, bk R trn LF, sd & fwd L outsd ptr to BJO DWL (W Fwd R, -, fwd L
trng LF, sd & bk R to BJO DRC);

END

1-4
FRONT TWISTY VINE 4 ; CROSS PIVOT TO SCAR ; FRONT TWISTY VINE 8 ;;
1-4
Same as Part B meas 5-8 ; ; ;

5-8
REVERSE TURN 1/2 ; HOVER CORTE ; BACK WHISK ; THRU SCP CHASSE ;

SQQ 5
(REV TRN 1/2) Fwd L starting LF bdy trn, -, sd R cont trn, bk L LOD to CP RLOD (W Bk R starting
LF bdy trn, -, cl L to R [heel trn] cont trn, fwd R to CP LOD);
SQQ 6
(HVR CORTE) Bk R trng LF, -, sd & fwd L w/ hovering action cont bdy trn, rec bk & sd R end BJO
DLC (W Fwd L trng LF, -, sd & fwd R w/ hovering action, rec fwr & sd L to BJO DRC);
SQQ 7
(BK WSK) Bk L, -, bk & sd R, XLib to SCP DWL (W Fwd R, -, fwd & sd L, XRib to SCP DLW);
SQQ 8
(THRU SCP CHASSE) Same as Part B meas 10;

9-12
THRU TO A LEFT WHISK ; UNWIND IN 6 TO BJO LOD QUICK OUTSIDE SWIVEL TO SCP
DLC ; ; ; THRU SCP CHASSE ;

SQQ 9
(THRU TO L WSK) Thru R in momentary SCP, -, sd & fwd L trng body LF to CP, XRib of L to
RSCP trng bdy LF (W Thru L, -, sd & slightly bk R to CP, cross L well bhld R);
SQQQ 10
(UNWIND IN 6 TO BJO LOD) M rotate [for 6 beats] RF on ball of R & heel of L with no weight
change to end BJO LOD, -, - (W Unwind RF fwr R, fwd L, fwr R, fwr L) ; [NOTE: All stps are
around M causing him to unwind to BJO LOD];
SQQQ 11
-, - [end BJO LOD] (W Fwr R, fwd L to BJO RLOD), {QK OUTSD SWVL TO SCP DLC} Bk L in
CMBP, XRib of L w/ strong RF body trn no weight change (W Fwd R, swvl RF on ball of R foot to
SCP DLC);
SQQ&Q 12
(THRU SCP CHASSE) Same as Part B meas 10 except it moves DLC;

13-15+
PROMENADE WEAVE ; ; ; FORWARD RIGHT LUNGE ; QUICK CHANGE SWAY ;
13-14
(PROM WEV) Same as Part A meas 8-9 ;;

SS 15
(FWD R LUN) Fwd L DWL, -, flex L knee move sd & slightly fwd R keep L sd in twwd ptr & as wgt
is taken flex R knee & make slight LF bdy trn & look at ptr, -, (W Bk R, -, flex R knee move sd &
slightly bk L keep R sd in twwd ptr & as wgt is taken flex L knee & make slight LF bdy trn, -);
Q +
{QK CHG SWAY} Qk stretch R sd to open W's head as M looks L on last note of music (W Qk
stretch L sd of bdy to open head to R on last note of music), [1 beat]