

# Man of Constant Sorrow

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Count: 20      Wall: 4      Level: High Beginner

Choreographer: Laura Rittenhouse of Boots and All Line Dancing, Tasmania (June 2019)

Music: "I am a Man of Constant Sorrow" by The Soggy Bottom Boys

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**Start on "I am a man" after 16 beats / 11 seconds**

## **ROCK ON RIGHT, TURN & SHUFFLE, ROCK ON LEFT, TURN & SHUFFLE**

1,2,3&4 Rock forward on R, Recover on L, Turn ½ R with shuffle forward (R,L,R) (6:00)

5,6,7&8 Rock forward on L, Recover on R, Turn ½ L with shuffle forward (L,R,L) (12:00)

## **SAMBAS, JAZZ BOX TURN ¼ RIGHT**

1&2,3&4 Cross R over L, Rock L to L side, Recover on R, Cross L over R, Rock R to R side, Recover on L

5,6,7,8 Cross R over L, Step L back, Step forward R turning ¼ R, Step L to L side (3:00)

## **DOUBLE HEEL BOUNCE, DOUBLE TOE TAP**

1,2,3,4 Bounce R heel twice at 45° angle in front of R foot (1,2), Cross R foot over L and tap toe twice beside L foot (3,4)

**TAG at end of every even wall (2,4,6,8,10) when facing 12:00 or 6:00 during short chorus**

## **ROCKING CHAIR, DOUBLE HEEL BOUNCE, DOUBLE TOE TAP**

1,2,3,4 Rock forward on R, Recover on L, Rock back on R, Recover on L

5,6,7,8 Bounce R heel twice at 45° angle in front of R foot (5,6), Cross R foot over L and tap toe twice beside L foot (7,8)