

# MY SWEET MAN

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Release Date: 09/23/18 vers 1.1  
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*For Bruce -- my Very Sweet Man!*

Music: My Man is A Sweet Man Artist: Dancelife  
Download available on casa-musica.de Also on Dancelife CD Lean On Me  
Download also available on Amazon.com Artist: Ballroom Orchestra & Singers  
[Note: This is not the Millie Jackson version found on YouTube where the Intro is longer]  
Time/Speed: 2:27 /34 at download speed Modifications: slow 6-7% or to suit  
Rhythm Jive  
Phase: III +2 [Pretzel turn, Sailor Shuffle]  
Degree of Difficulty: AVG  
Footwork: Opposite unless noted (Woman's footwork in parentheses)  
Sequence: **INTRO A B A B A C B A Cmod ENDING**

## INTRODUCTION

### **1-4 FACING WALL 6-8' APART WAIT PICKUP DRUM BEATS &; SWIVEL TOGETHER 2 SLOW; 4 QUICK CP;**

Facing Wall 6-8' apart M's L & W's R ft free

[1-2] [Wait] Wait pickup drum beats & 2 ms;;

[3] [Swivel Together 2 Slow 4 Quick CP] Swiveling on ball of each weighted foot Fwd L, -, fwd R, - (Fwd R, -, fwd L, -); Fwd L, R, L, R (fwd R, L, R, L) to CP Wall;

### **5-8 PRETZEL TURN ~ KICK 2X ;; ~ UNWRAP [CP]; ROCK RECOVER POINT SIDE [HOLD];;**

[5-6] [Pretzel turn Kick 2x] Rk bk L, rec R fc, sd L/cl R, sd L trng ½ RF keeping M's L & W's R hnds hnds jnd beh small of bk (Rk bk R, rec L fc, sd R/cl L, sd R trng ½ LF keeping jnd hnds beh small of bk); Sd R/cl L, sd R in slight V bk-bk pos, kick L across R twd DLC, 2x (Sd L/cl R, sd L in slight V bk-bk pos, kick R across L twd DLW, 2x );

[7] [Unwrap to CP] Sd L/cl R, sd L trng ½ LF to fc, sd R/cl L, sd R (Sd R/cl L, sd R trng ½ RF to fc, sd L/cl R, sd L) CP WALL;

[8] [Rock Recover Point] Rk bk L SCP, rec R, pt L sd COH, - (Rk bk R SCP, rec L, pt R sd WALL, -);

## PART A

### **1-3 ROCK RECOVER STEP KICK; RIGHT CHASSE ~ CHANGE RIGHT TO LEFT;;**

[1~] [Rock Recover Step Kick R Chasse] Rk bk L SCP [see note\* below], rec R, fwd L to LOD, kick R to LOD; Trng RF to fc sd R/cl L, sd R (Rk bk R SCP, rec L, fwd R to LOD, kick L to LOD; Trng LF to fc sd L/cl R, sd L) CP Wall,

[2.5-3] [Change R-L] Rk bk L to SCP, rec R; Sd L raising jnd ld hnds to ld W to LOD/cl R, sd L comm ¼ LF trn, sd R/cl L, sd R (Rk bk R to SCP, rec L; Sd & fwd R/cl L, fwd R trn ¾ RF und jnd ld hnds, sd & slightly bk L/cl R, sd & bk L) LOP fcg LOD;

\*Note 2<sup>nd</sup> 3<sup>rd</sup> & 4<sup>th</sup> X ms 1 Rk apt L, rec R, to SCP LOD fwd L, kick R to LOD (W Rk apt R, rec L, to SCP LOD fwd R, kick L to LOD);

**PART A [Contd]**

- 4-8 LINK ROCK SCP ~ JIVE WALKS;;; POINT STEP 2; QUICK ROCK THE BOAT 2X;**  
[4-5~] [Link Rock SCP] Rk apt L, rec R, ldg W fwd comm RF trn sd L/cl R, sd L fc WALL;  
Sd R/cl L, sd R CP (Rk apt R, rec L, comm RF trn fwd R/cl L, fwd R fc COH; Sd L/cl R,  
sd L CP) WALL,  
[~6] [Jive Walks] Rk bk L SCP, rec R; Fwd L/cl R, fwd L, fwd R/cl L, fwd R (Rk bk R  
SCP, rec L; Fwd R/cl L, fwd R, fwd L/cl R, fwd L);  
[7] [Point Step 2] Pt L fwd, fwd L, pt R fwd, fwd R (Pt R fwd, fwd R, pt L fwd, fwd L);  
[8] [Qk Rock the Boat 2x] Fwd L with bo knees straight leaning forward, with rocking  
motion relax knees cl R, repeat leg action fwd L, cl R (fwd R with bo knees straight leaning  
forward, with rocking motion relax knees cl L, repeat leg action fwd R, cl L);

**PART B**

- 1-4 CHASSE LEFT & RIGHT; RIGHT TURNING FALLAWAY ~ LEFT TURNING  
FALLAWAY;;;:**  
[1] [Chasse L&R] Blending to CP WALL sd L/cl R, sd L, sd R/cl L, sd R (Sd R/cl L, sd R,  
sd L/cl R, sd L);  
[2-3~] [R Turning Fallaway] In SCP rk bk L, rec R, comm RF trn sd & fwd L/cl R, sd L  
trng ¼ RF; cont trng ¼ RF sd R/cl L, sd R (Rk bk R, rec L, sd/cl L, sd R trng ¼ RF; cont  
trng ¼ RF sd L/cl R, sd L) CP COH,  
[3.5-4] [L Turning Fallaway] Rk bk L SCP RLOD, rec R; Trng ¼ LF sd L/cl R, sd L, trng  
1/4 LF sd R/cl L, sd R (Rk bk R SCP, rec L; Trng ¼ LF sd & fwd R/cl L, sd R, trng ¼ LF  
sd L/cl R, sd L);
- 5-8 CHANGE RIGHT TO LEFT ~ CHANGE LEFT TO RIGHT [LOW BFLY];;; SAILOR  
SHUFFLE 2X:**  
[5-6~] [Change R-L] In SCP Repeat ms 2.5-3 Part A;;,  
[~6-7] [Change L-R] Rk apt L, rec R; Sd L/cl R, sd L trng 1/4 RF leading W under jnd lds  
hnds, sd R/cl L, sd R (rk apt R, rec L; Fwd R/cl L, fwd R trng 3/4 LF under jnd hnds, sd  
L/cl R, sd L) low BFLY WALL;  
[8] [Sailor Shuffle 2X] XLIB, sd R/sd L, XRIB, sd L/sd R (XRIB, sd L/sd R, XLIB, sd R/sd  
L);

**PART C**

- 1-3 [ROCK TO] PRETZEL TURN ~ KICK 2X;; UNWRAP TO FACE;**  
[1-3] [Pretzel Turn ~ Kick 2X Unwrap to Face] Repeat ms 5-7 Intro;;;
- 4-8 CHANGE HANDS BEHIND THE BACK ~ SAILOR SHUFFLE 2X ~  
CHANGE HANDS BEHIND THE BACK;;; PROGRESSIVE ROCK [CPI];**  
[4-8] [Change Hands Behind Back] Rk apt L, rec R, fwd L starting ¼ LF trn & plcg R  
hnd ovr W's R hnd/cl R, fwd L releasing L hnd & comp ¼ LF trn; Sd & bk R starting ¼ LF  
trn & plcg L hnd beh bk/cl L transfer W's R hnd to M's L hnd beh bk, sd & bk R comp ¼ LF  
trn (Rk apt R, rec L, fwd R comm ¼ RF trn/cl L, fwd R comp ¼ RF trn; Sd & bk L comm ¼  
RF trn/cl R, sd & bk L comp ¼ RF trn),  
[Sailor Shuffle 2] Repeat ms 8 Part B;;,  
[Change Hands Behind Back] Repeat ms 4-5.5 Part C fc WALL;; ,;;  
[8] [Progressive Rock] Rk apt L, slight XRIF, rk apt L, slight XRIF (Rk apt R, slight XLIF,  
rk apt R, slight XLIF);

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## **PART C MOD**

1-3 **[ROCK TO] PRETZEL TURN ~ KICK 2X;; UNWRAP TO FACE;**

[1-3] Repeat ms 5-7 C;;;

4-8 **CHANGE HANDS BEHIND THE BACK ~ SAILOR SHUFFLE 2X ~**

**CHANGE HANDS BEHIND THE BACK;;; SAILOR SHUFFLE 2X;**

[4-7] Repeat ms 4-7 Part C;;;

[8] [Sailor Shuffle 2X] Repeat ms 8 Part B;

## **ENDING**

.5 **ROCK APART POINT,,**

[.5] [Rock Apart Point] Apt L, pt R twd ptr (Apt R, pt L twd ptr),,

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**HEAD CUES**

FACING WALL 6-8' APART WAIT PICKUP DRUM BEATS &;

**INTRO**

SWIVEL TOGETHER 2 SLOW; 4 QUICK CP;  
PRETZEL TURN ~ KICK 2X ;; ~ UNWRAP [CP]; ROCK RECOVER POINT SIDE [HOLD];;

**PART A**

ROCK RECOVER STEP KICK; RIGHT CHASSE ~ CHANGE RIGHT TO LEFT;;  
LINK ROCK SCP ~ JIVE WALKS;;; POINT STEP 2; QUICK ROCK THE BOAT 2X;

**PART B**

CHASSE LEFT & RIGHT; RIGHT TURNING FALLAWAY ~ LEFT TURNING FALLAWAY;;;  
CHANGE RIGHT TO LEFT ~ CHANGE LEFT TO RIGHT;;; SAILOR SHUFFLE 2X;

**PART A**

ROCK RECOVER STEP KICK; RIGHT CHASSE ~ CHANGE RIGHT TO LEFT;;  
LINK ROCK SCP ~ JIVE WALKS;;; POINT STEP 2; QUICK ROCK THE BOAT 2X;

**PART B**

CHASSE LEFT & RIGHT; RIGHT TURNING FALLAWAY ~ LEFT TURNING FALLAWAY;;;  
CHANGE RIGHT TO LEFT ~ CHANGE LEFT TO RIGHT;;; SAILOR SHUFFLE 2X;

**PART A**

ROCK RECOVER STEP KICK; RIGHT CHASSE ~ CHANGE RIGHT TO LEFT;;  
LINK ROCK SCP ~ JIVE WALKS;;; POINT STEP 2; QUICK ROCK THE BOAT 2X;

**PART C**

[ROCK TO] PRETZEL TURN ~ KICK 2X;; UNWRAP TO FACE;  
CHANGE HANDS BEHIND THE BACK ~ SAILOR SHUFFLE 2X ~  
CHANGE HANDS BEHIND THE BACK;;; PROGRESSIVE ROCK [CP];

**PART B**

CHASSE LEFT & RIGHT; RIGHT TURNING FALLAWAY ~ LEFT TURNING FALLAWAY;;;  
CHANGE RIGHT TO LEFT ~ CHANGE LEFT TO RIGHT;;; SAILOR SHUFFLE 2X;

**PART A**

ROCK RECOVER STEP KICK; RIGHT CHASSE ~ CHANGE RIGHT TO LEFT;;  
LINK ROCK SCP ~ JIVE WALKS;;; POINT STEP 2; QUICK ROCK THE BOAT 2X;

**PART C MOD**

[ROCK TO] PRETZEL TURN ~ KICK 2X;; UNWRAP TO FACE;  
CHANGE HANDS BEHIND THE BACK ~ SAILOR SHUFFLE 2X ~  
CHANGE HANDS BEHIND THE BACK;;; SAILOR SHUFFLE 2X;

**ENDING**

ROCK APART POINT