



## ★ CHANGE THE MAN ★

**Choreographer** : Marianne Langagne (Fr) 28.01.2026  
**Walls** : 4 Walls  
**Counts** : 32 Counts – 1 Restart (5th Wall) – 1 Tag (End 10th Wall) - Final  
**Level** : Beginner  
**Music** : Change The Man - Abbey Cone (123 Bpm)

**Intro** : 16 Counts

**Sequence** : 32 – 32 – 32 – -32 – **16R** – 32 – 32 – 32 – 32 – 32 – **TAG** - 32 – 32 – 16 Final

### **SECTION 1 ROCK STEP, ¼ TURN R SIDE ROCK , BEHIND , SIDE, CROSS SHUFFLE**

1 – 2 RF Fwd, Recover on LF  
3 – 4 ¼ **Turn R** – RF to the R, Recover on LF (3.00)  
5 – 6 Cross RF behind LF, LF to the L  
7 & 8 Cross RF over LF, LF to the L, Cross RF over LF

### **SECTION 2 SIDE, TOUCH, (L -R) , SIDE , TOGETHER , SHUFFLE FWD**

1 – 2 LF to the L, Touch RF next to LF  
3 – 4 RF to the R, Touch LF next to RF  
5 – 6 LF to the L, Together (weight on RF)  
7 & 8 LF Fwd, Together, LF Fwd

**HERE RESTART 5th Wall (facing 3.00)**

### **SECTION 3 VINE TO R, CROSS, SIDE SHUFFLE R , ROCK BACK**

1 – 2 – 3 RF to the R, Cross LF behind RF, RF to the R  
4 Cross LF over RF (Weight on LF)  
5 & 6 RF to the R, Together, RF to the R  
7 – 8 LF Back, Recover on RF

### **SECTION 4 SIDE SHUFFLE L , ROCK BACK, STEP FWD, TOUCH BEHIND, BACK , BRUSH / HOOK**

1 & 2 LF to the L, Together, LF to the L  
3 – 4 RF Back, Recover on LF  
5 – 6 RF Fwd, Touch LF behind RF  
7 – 8 LF Back (7), Brush (From front to Back / Hook R over L Leg (8))

**TAG** ( End of 10th Wall – facing 6.00)

### **8 Counts - ROCKING CHAIR , SIDE TOUCH ( R – L )**

1 – 2 – 3 – 4 RF Fwd, Recover on LF, RF Back, Recover on LF  
5 – 6 – 7 – 8 RF to the R, Touch LF next to RF, LF to the L, Touch RF next to LF

### **FINAL**

Dance ends at count 16 (3.00) – Continue with ¼ **Turn L** (12.00) – Chasse R, L Point behind RF

*Dance & Have Fun !!!!*