

LOVE ME LIKE A MAN

Page 1 of 3

Release Date: 3/17/16
Choreographer: Kristine & Bruce Nelson, 1807 S Washington # 110-358, Naperville, IL 60565,
#928-342-0598 (cell) email: knelson823@earthlink.net
Music: "Love Me Like a Man [Remastered Version] Artist: Bonnie Raitt
Download available at Amazon or Itunes or CD "The Bonnie Raitt Collection"
Time: 3:12 @ download
Modifications: Increase speed 15% [or to suit]
Degree Difficulty: MOD
Footwork: Opposite unless noted (Woman's footwork in parentheses)
Rhythm/Phase: West Coast Swing Phase V +1 [Rock Whip]
+unphased [Whip Hand Change, Push Break, Sugar Bump M's Hook Turn,
W's sync tuck]
Sequence: **INTRO A B C B A1-10 END**

INTRODUCTION

1-4 L-SHAPE POS WALL(LOD) WAIT;; SLINGSHOT DOUBLE ROCK TO THROWOUT;;

[1-2] [Wait] L-shape pos M fcg WALL w/L ft free (W fcg LOD w/R ft free) Ld hnds jnd

M's R hnd on W's bk W's L hnd on M's upper R arm Wait;;

[3-4] [Slingshot dbl rk to throwout] Lunge sd L to LOD ldg W to rk bk, rec R, lunge sd L ldg W to rk bk, rec R; Fwd L/R, fwd L trng to fc LOD ldg W to fold in front, in plc R/L, R (Bk rk R, rec L, bk rk R, rec L; Fwd R/fwd L, fwd R swvl ½ LF, sm bk L/in plc R, L) LOP fcg LOD;

PART A

1-4 SUGAR PUSH W/EXTRA ROCK;; SIDE WHIP;;

[1-2] [Sugar push w/extra rk] Bk L, bk R, tap L, fwd L; Rk bk R, fwd L, in plc R/L, R (Fwd R, fwd L, tap R in bk, rk bk R; Rk fwd L, bk R, sm bk L/in plc R, L);

[3-4] [Sd whp] Bk L, rec fwd & sd R to W's R sd trng ¼ RF to L-shape pos plcg R hnd on W's bk, press L fwd, hold; Hold, fwd L trng ¼ LF, in plc R/L, R (Fwd R, fwd L trng ½ RF to fc LOD, bk R/cl L, fwd R; Fwd L, fwd R trng ½ LF fc ptr, sm bk L/in plc R, L);

5-8 ALTERNATING UNDERARM TURN ~ PASSING TUCK & SPIN [W SYNC TUCK];;; SAILOR SHUFFLE 2X;

[5-7] [Alternating undrm trn] Bk L, XRIF to W's R sd raising jnd ld hnds comm RF trn, sd L compl ¼ RF trn/cl R, fwd L spn ¾ LF und jnd ld hnds to fc; in plc R/L, R

(Fwd R, fwd L trn ¼ LF und jnd ld hnds, sd R/XLIF trn ¼ LF, small bk R; in plc L/R, L) LOP fcg RLOD,

(QQ&Q) [Passg tuck & spn] Trng ¼ LF bk L, rec sd R; tch L leading W to swvl LF, trn LF fwd L fc LOD, in plc R/L, R (Fwd R, fwd L; turn LF sd R/XLIF, trng RF on L fwd R spin RF to fc ptr & RLOD, in plc L/R, L) LOP fcg LOD;

[8] [Sailor shffl 2] XLIB/sd R, sd L, XRIB/sd L, sd R (XRIB/sd L, sd R, XLIB/sd R, sd L);

PART A (Contd)

9-12 WHIP W/HAND CHANGE BEHIND THE BACK;; FACE LOOP SUGAR PUSH W/EXTRA ROCK;;

[9-10] [Whp w/hnd chg beh bk] Bk L, rec fwd & sd R to W's R sd trng ¼ RF to loose CP, sd L trng ¼ RF/fwd R, sd & fwd L fc RLOD (Fwd R, fwd L trn RF ½, bk R/cl L, fwd R); XRIBL take ld hnds dwn & beh W's bk chg to R-R hnd hold, trn RF fwd L, in plc R/L, R (Bk L comm RF trn, cont RF trn fwd R trn to fc M, in plc L/R, L) R hndshk pos fcg LOD; [11-12] [Fc loop sugar push w/extra rk] Bk L, bk R raise jnd R hnds ovr M's head to bk of neck L hnd to W's R hip, tap L, fwd L; Rk bk R, rel hnds fwd L ldg W to stp bk, in plc R/L, R (Fwd R, fwd L slight RF trn, tap RIB, bk R; Rk fwd L, rec bk R slide R hnd dwn M's L arm, sm bk L/in plc R, L) LOP fcg LOD;

PART B

1-4 BACK CROSS POINT 2X; ROCK WHIP;;

[1] [Bk X pt 2] [Bk X pt 2] XLIB, pt sd R to WALL, XRIB, pt sd L to COH (XRIF, pt sd L to WALL, XLIF, pt sd R to COH); [2-4] [Rk whp] Bk L, fwd R to W's R sd, sd L trn ¼ RF to CP/rec R trng ¼ RF, fwd L; W strong RF trn rec fwd R, sd & bk L compl ½ RF trn, cont RF trn rec fwd R, sd & bk L compl ½ RF trn; rec fwd R, fwd L compl ½ RF trn, in plc R/cl L, R (Fwd R, fwd L trng ½ RF, bk R/cl L, fwd R pvt ½ RF; Bk L, rec R pvt ½ RF, Bk L, rec R pvt ½ RF; Bk L, bk R, in plc L/R, L) LOP fcg LOD;

5-7 UNDERARM TURN ~ SUGAR BUMP W/MAN'S HOOK TURN;;

[5-7] [Undrm trn] Bk L, raising jnd ld hnds XRIF comm RF trn, sd L/cl R, sd & fwd L comp ½ RF trn; in plc R/L, R (Fwd R, fwd L trn LF und jnd ld hnds; Sd R cont trn/XLIF cont trn, bk R comp ½ LF trn fc ptr, in plc L/R, L) LOP fcg RLOD, [Sugar bump ...] Bk L, rec fwd R comm ¼ RF trn; lift L knee up cont R trn tchg L hip to W's R hip cont RF trn rolling bottoms, releasing ld hnds fwd L cont RF trn fc (Fwd R, fwd L comm LF trn; lift R knee up cont LF trn tch R hp to M's L hip cont LF trn rolling bottoms, releasing ld hnds fwd R cont LF trn to fc), [...w/ M's hook trn] Hook R beh L comm RF trn releasing jnd hnds/sd L compl ½ RF trn, XRIF look LOD extend R hnd bk twd W (Bk L/cl R, fwd L) jn R-R hnds in L shape pos;

8-12 RIGHT SIDE PASS W/TUCK & SPIN ~ PUSH BREAK;; WRAPPED WHIP;;

[8-10] [R sd pass w/tuck & spn] Fwd L, rec R ldg W fwd to pass, tch L leading W to swvl LF, fwd L fc LOD; in plc R/L, R (Fwd R, fwd L, swvl LF ¼ on L tch R, trng RF fwd R spin RF to fc M; in plc L/R, L) LOP fcg LOD, [Push brk] Bk L, bk R to two hnds joined low; bk L/bring R twd L, small fwd L, in plc R/L, R (Fwd R, fwd L stronger step to be close to M; fwd R, cl L/bk R stronger step, in plc L/R, L); [11-12] [Wrp Whp] Bk L to join all hnds, raising M's L & W's R hnds above W's head rec R trng ¼ RF, bring M's L & W's R hnds over W's head sd L cont RF trn/cl R, sd & fwd L lowering hnds to wrapped pos M at W's L sd; XRIB trng RF release M's R & W's L hnds, trng RF to fc LOD sd & fwd L, in plc R/L, R (Fwd R, fwd L, fwd R/cl L, bk R; Bk L, bk R, in plc L/R, L);

PART C

- 1-4+ [START] UNDERARM TURN TO; TRIPLE TRAVEL W/ROLL;;;~**
[1] [Start undrm trn] Bk L, raising jnd ld hnds XRIF comm RF trn, sd L/cl R, sd & fwd L trn fc WALL (Fwd R, fwd L, trn LF sd R/XLIF, bk R twd RLOD passing M und jnd hnds trng LF $\frac{3}{4}$ on last stp to fc COH);
[2-4+] [Trpl trvl w/roll] Jng R hnds palm to palm sd chasse R/L, sd & fwd R, pushing w R hnds roll RF fwd L, fwd R cont roll $\frac{1}{2}$ to fc COH jng L hnds palm to palm; Sd chasse L/R, sd L & fwd trng $\frac{1}{2}$ LF chg to R hnds palm to palm, sd chasse R/L, sd & fwd R trng $\frac{1}{2}$ RF chg to L hnds palm to palm; Sd chasse L/R, sd & fwd L pushing lightly w/L hnds, fwd R, fwd L completing a LF roll 1 $\frac{1}{4}$ joining ld hnds to fc ptr & RLOD
(Jng R hnds palm to palm sd chasse L/R, sd & bk L, pushing w/R hnds roll RF bk R, bk L cont roll $\frac{1}{2}$ to fc WALL joining L hnds palm to palm; Sd chasse R/L, sd R & bk trng $\frac{1}{2}$ RF chg to R hnds palm to palm, sd chasse L/R, sd & bk L trng $\frac{1}{2}$ RF to L hnds palm to palm; Sd chasse R/L, sd & bk R pushing lightly w/L hnds, bk R trng LF, bk R completing a RF roll 1 $\frac{1}{4}$ joining ld hnds to fc ptr & LOD);
- 5-8 FINISH TRIPLE TRAVEL W/ROLL,, ~ CHEEK TO CHEEK;; LEFT SIDE PASS ~ KICK/BALL CHANGE;;**
[5-6] [Fin trpl trvl] in plc R/L, R (in plc L/R, L),
[Cheek to cheek] Bk L, rec fwd R comm RF trn; lift L knee up cont RF trn tchg M's L hip to W's R hip, XLIF of R trng LF to fc ptr, in plc R/L, R (Fwd R, fwd L comm LF trn; lift R knee up cont LF trn tchg R hip to M's L hip, XRIF of L trng RF to fc ptr, in plc L/R, L);
[7-8] [L sd pass ~ Kck/bl chg] Trng $\frac{1}{4}$ LF bk L fc WALL, cl R, in plc L/R, fwd L trn LF fc LOD; in plc R/L, R, kck L fwd/in plc L, R (Fwd R, fwd L, fwd R/L, fwd R trng LF; in plc L/R, L, kck R fwd/in plc R, L) LOP fcg LOD;
- 9-12 SURPRISE WHIP;; HALF WHIP;;**
[9-10] [Surprise whp] Bk L, XRIF to W's R sd trng $\frac{1}{4}$ RF to loose CP, swvl $\frac{1}{4}$ RF on R sd L/rec R trng $\frac{1}{4}$ RF, fwd L to CP; Trng upper body strongly R ldg W to trn sharply RF fwd R chkg & stopping W w/R hnd on W's bk to an L-shaped pos, rec bk L raising jnd ld hnds, sm bk R/in plc L, R (Fwd R, fwd L trng $\frac{1}{2}$ RF, bk R/cl L, fwd R to CP; Swvlg $\frac{1}{2}$ RF on R bk L, fwd R trn $\frac{1}{2}$ RF und jnd ld hnds, sm bk L/in plc R, L) LOP fcg RLOD;
[11-12] [1/2 whp] Bk L, XRIF to W's R sd trng $\frac{1}{4}$ RF trn to loose CP, sd L cont RF trn/rec fwd R w/R sd twd ptr, sd & fwd L w/R sd still twd ptr; Sd R trn fc LOD ldg W to step bk, fwd L, in plc R/L, R (Fwd R, fwd L trng trng $\frac{1}{2}$ RF, bk R/cl L, fwd R to CP being stopped by M; Bk L, bk R, sm bk L/in plc R, L) LOP fcg LOD;

ENDING

- 1-2 FACE LOOP SUGAR PUSH TOGETHER TO W'S NECK WRAP [HOLD];;**
QQ [1-2] [Fc loop sugar push] W/R hnds jnd bk L, bk R raise jnd R hnds ovr M's head to neck L hnd to W's R hip, tap L, fwd L rel hnds; in plc R/L, R (Fwd R, fwd L slight RF trn, -Q tap RIB, bk R slide R hnd dwn M's L arm; in plc L/R, L) LOP fcg LOD, [Tog W's neck Q&Q wrp] Fwd L trn LF to side by side pos raising jnd ld hnds to loop in front of W's face & Q- over her head to rest on her L shldr (Fwd R trn RF to side by side pos jnd hnds looping over head to rest on L shldr) look at ptr,-; **[Note: no extra rock]**