

# CHANGE THE MAN

Count: 32. Wall: 4. Level: Beginner

Choreographer: Marianne Langagne (FRA) - January 2026

Music: Change The Man by Abbey Cone. Album: Change the Man - single

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**INTRO: 16 count. One Tag, One Restart.**

## **FORWARD, ROCK, 1/4 RIGHT, ROCK, BEHIND, SIDE, CROSS SHUFFLE**

1-4 Rock R forward, Recover onto L, Turn ¼ right rock R to right, Recover onto L **[3:00]**

5,6 Step R behind L, Step L to left

7&8 Cross R over L, Step L to left, Cross R over L

## **SIDE, TOUCH, SIDE, TOUCH, SIDE, TOGETHER, SHUFFLE**

1-4 Step L to left, Touch R beside L, Step R to right, Touch L beside R

5,6 Step L to left, Step R beside L

7&8 Step L forward, Step R beside L, Step L forward

**RESTART: Wall 5**

**ENDING: - see below**

## **VINE RIGHT, CROSS, CHASSE RIGHT, BACK, ROCK**

1-4 Step R to right, Step L behind R, Step R to right, Cross L over R

5&6 Step R to right, Step L beside R, Step R to right

7,8 Rock L back, Recover onto R

## **CHASSE LEFT, BACK, ROCK, STEP, TOUCH BEHIND, BACK, HOOK**

1&2 Step L to left, Step R beside L, Step L to left

3,4 Rock R back, Recover onto L

5-8 Step R forward, Touch L behind R, Step L back, Hook R over L **[3:00]**

**32 REPEAT**

**TAG: End of Wall 10 facing 6.00**

## **ROCKING CHAIR, SIDE, TOUCH, SIDE, TOUCH**

1-4 Rock R forward, Recover onto L, Rock R back, Recover onto L

5-8 Step R to right, Touch L beside R, Step L to left, Touch R beside L

**RESTART: During Wall 5 dance to count 16 and Restart facing 3:00**

**ENDING: During Wall 13 dance to count 16 then add:**

## **1/4 LEFT CHASSE RIGHT, TOUCH BEHIND**

Turn ¼ left step R to right, Step L beside R, Step R to right, Touch L behind R