

CHANGE THE MAN

Count: 32. **Wall:** 4. **Level:** Beginner

Choreographer: Christina Walker (GBR) - January 2026

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

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

STEP, TOGETHER, STEP, TOUCH, SIDE, TOUCH, SIDE, TOUCH

1-4 Step R forward 45° right, Step L beside R, Step R forward, Touch L beside R

TAG and RESTART: Wall 11

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

STEP, TOGETHER, STEP, TOUCH, SIDE, TOUCH, SIDE, TOUCH

1-4 Step L forward 45° left, Step R beside L, Step L forward, Touch R beside L

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

RESTART: Wall 5

VINE RIGHT, TOUCH, VINE LEFT 1/4, SCUFF

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

5-8 Step L to left, Step R behind L, Turn ¼ left step L forward, Scuff R **[9:00]**

STEP, SCUFF, STEP, SCUFF, ROCKING CHAIR

1-4 Step R forward, Scuff L, Step L forward, Scuff R

5-8 Rock R forward, Recover onto L, Rock R back, Recover onto L **[9:00]**

32 REPEAT

RESTART:

During Wall 5 dance to count 16 and Restart facing 12:00

TAG and RESTART:

During Wall 11 dance to count 4 and add:

BUMP HIPS LEFT, RIGHT, LEFT, TOUCH

1-4 Step L slightly to left bump hips left, Bump hips right, Bump hips left, Touch R beside L
and Restart facing 9:00