

I'M COMING BACK AS A MAN

Released: July 2017 **REVISED:** August 2017 [Changed Part A meas 16, Corrected errors]
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Music: Coming Back As A Man (Acoustic Version) Artist: Caro Emerald
Album: The Shocking Miss Emerald Acoustic Sessions, Track 2
Available as a single download from amazon.com
Time/Speed: Time @ RPM: 3:35 @ 46.6 RPM [+4%] = 112 BPM [28 MPM] or speed to suit
As downloaded 3:39 @ 45 RPM = 108 BPM or 27 MPM
Footwork: Opposite unless indicated (Woman's footwork in parentheses)
Rhythm/Phase: **Foxtrot Phase 4+2 [Natural Weave, Natural Fallaway Weave]**
Degree of Difficulty: AVG
Sequence: INTRO A B A B mod C END

MEAS:

INTRODUCTION

1-4 ABOUT 6 FEET APART MAN FACING PARTNER & DLW LEAD FEET FREE NO HANDS JOINED WAIT 1 MEAS ; CROSS POINT TOGETHER 4 TIMES TO CP DLW ; ; CHANGE OF DIRECTION ;

- 1 Wait ;
Q-Q- 2 {X PT TOG 4X} XLif, point R slightly to sd & fwd, XRif, pt L slightly to sd & fwd (*W XRif, point L slightly to sd & fwd, XLif, pt R slightly to sd & fwd*) ;
Q-Q- 3 XLif, point R slightly to sd & fwd, XRif, pt L slightly to sd & fwd ending CP DLW (*W XRif, point L slightly to sd & fwd, XLif, pt R slightly to sd & fwd ending CP DRC*) ;
SS 4 {CHG OF DIR} Fwd L, -, fwd R DLW trng LF to DLC, draw L [no weight] CP DLC (*W Bk R, -, bk L trng LF to DRW, draw R [no weight] CP DRW*) ;

PART A

1-4 REVERSE TURN ; ; HOVER TO LOD ; THRU SYNCOPATED TWIRL TO SCP LOD ;

- SQQ 1 {REV TRN} Fwd L commence LF bdy trn, -, sd R cont trn, bk L LOD to CP RLOD (*W Bk R commence LF trn, -, cl L to R [heel trn] cont trn, fwd R to CP LOD*) ;
SQQ 2 Bk R cont LF trn, -, sd & slightly fwd L DLW, fwd R to BJO DLW (*W Fwd L cont LF trn, -, sd R to DLW, bk L to BJO DRC*) ;
SQQ 3 {HVR TO LOD} Fwd L, -, fwd & slightly sd R rising to ball of foot, sd & slightly fwd L to tight SCP LOD (*W Bk R, -, bk & slightly sd L rising to ball of foot, sd & slightly fwd R to tight SCP LOD*) ;
SQ&Q 4 {THRU SYNC TWRL TO SCP LOD} Thru R raising lead hnds, -, fwd L/cl R, fwd L to SCP LOD (*W Thru L, -, sd & fwd R trng 1/2 RF undr jnd lead hnds/cl L to R cont trng RF, fwd R to SCP LOD*) ;

5-9 OPEN NATURAL ; QUICK OUTSIDE SWIVEL TWICE ; IMPETUS TO SCP ; PROMENADE WEAVE ; ;

- SQQ 5 {OP NAT} Commence RF bdy trn thru R heel to toe, -, sd L acrs LOD, cont slight RF bdy trn bk R leading ptr to stp outsd end BJO DRC (*W Thru L, -, fwd R to CP, fwd L outsd the M to BJO DLW*) ;
Q-Q- 6 {QK OUTSD SWVL 2X} Bk L in CMBP, XRif of L w/ no wgt leading W to swvl 1/2 to SCP DRC, step fwd R leaving L foot pointed bk [no wgt] leading W to swvl 1/2 LF end BJO DRC (*W Fwd R, swvl 1/2 RF on ball of R foot to SCP DRC, fwd L, swvl 1/2 LF on ball of L foot to BJO DLW*) ;
SQQ 7 {IMP TO SCP} Flexed knees throughout begin RF bdy trn bk L, -, cl R to L [heel turn] cont RF trn, comp trn fwd L to SCP DLC (*W Flexed knees throughout begin RF bdy trn fwd R outsd M's feet heel to toe pvt 1/2 RF, -, sd & fwd L cont trn arnd M brush R to L, comp trn fwd R SCP DLC*) ;
SQQ 8 {PROM WEV} Thru R, -, fwd L commence LF trn, sd & slightly bk R fc BJO DRW (*W Thru L, -, sd & slightly bk R commence LF trn to BJO DRW, cont trng on R foot until fcg LOD then fwd L DLC*) ;
QQQQ 9 Bk L DLC, bk R commence LF trn & lead W to CP, sd & slightly fwd L DLW, fwd R outsd ptr to BJO DLW (*W Fwd R, fwd L DLC commence LF trn, cont LF trn sd & slightly bk R fcg COH, bk L to end fcg BJO DRC*) ;

10-12 QUICK DIAMOND 4 DLC ; DIP BACK RECOVER ; TURN LEFT & RIGHT CHASSE TO BJO ;

- QQQQ 10 {QK DIAM 4 DLC} Fwd L on diagonal commence LF trn, continue LF trn sd R, bk L, bk R to BJO DLC (*W Bk R on diagonal commence LF trn, continue LF trn sd L, fwd R, fwd L to BJO DRW*) ;
SS 11 {DIP BK REC} Bk L stp DRW, -, rec R to BJO DLC, - (*W Fwd R BJO DRW, -, rec L BJO DRW*) ;
SQ&Q 12 {TRN L & R CHASSE TO BJO} Fwd L commence LF bdy trn, -, cont LF trn sd R/cl L, sd R fc BJO DRC (*W Bk R commence LF bdy trn, -, cont LF trn sd L/cl R, sd L to BJO DLW*) ;

13-16 OUTSIDE CHANGE TO SCP ; NATURAL FALLAWAY WEAVE ; ; CHANGE OF DIRECTION ;

- SQQ 13 {OUTSD CHG TO SCP} Bk L, -, bk R trng LF, sd & fwd L to SCP DLW (*W Fwd R, -, fwd L trng LF, sd & fwd R to SCP DLW*) ;
SQQ 14 {NAT FALWY WEV} Thru R w/ right sd stretch begin RF bdy trn, -, fwd L rise on toe cont trng 1/4 RF, bk R end SCP DRW (*W Thru L with left sd stretch, -, fwd R rising to toe between M's feet*) ;

- begin RF trn, cont trng 1/4 RF bk L end SCP DRW* ;
- QQQQ 15 Bk L [toward DLC] losing stretch, slip bk R commence LF trn to CP, sd & fwd L with L sd stretch, fwd R outsd ptr to BJO DLW (*W Bk R on toe, trng LF slip L fwd to CP, sd & bk with right sd stretch, bk L backing DLW to end BJO DRC*) ;
- SS 16 {CHG OF DIR} Fwd L, -, fwd R DLW trng LF to DLC, draw L [no weight] CP DLC (*W Bk R, -, bk L trng LF to DRW, draw R [no weight] CP DRW*) ;

PART B

- 1-4** **TELEMARK TO BANJO ; NATURAL WEAVE ; ; HOVER TO BANJO ;**
- SQQ 1 {TELE TO BJO} Fwd L commencing LF trn, -, fwd & sd R arnd W cl to W's feet trng LF, fwd & sd L to end BJO DLW (*W Bk R commencing LF heel trn on R heel bringing L beside R w/ no weight, -, cont LF trn on R heel & chg wgt to L, bk & sd R to BJO DRC*) ;
- SQQ 2 {NAT WEV} Fwd R commence RF trn, -, sd L w/ L sd stretch [undr 1/4 RF trn between stps 1 & 2], w/ R sd lead bk R DLC preparing to lead W outsd ptr [slight RF trn between stps 2 & 3] (*W Bk L commence to RF trn, -, bk R w/ right sd stretch trng 1/4 RF between stps 1 & 2, w/ L sd lead fwd L preparing to stp outsd ptr*) ;
- QQQQ 3 With R sd stretch bk L in CBMP, bk R commence LF trn passing through CP, with L sd stretch sd & fwd L preparing to stp outsd ptr trng 1/4 LF between stps 5 & 6 body trns less, with L sd stretch fwd R to BJO DLW (*W With L sd stretch fwd R in CBMP outsd ptr, fwd L commence LF trn passing through CP, with R sd stretch sd R trng LF face 1/8 between stps 5 & 6, with R sd stretch bk L trng LF 1/8 between stps 6 & 7 bdy trns less end BJO DRC*) ;
- SQQ 4 {HVR TO BJO} Fwd L, -, fwd & sd R rising to ball of foot, w/ slight LF bdy trn sd & fwd L to BJO DLW (*W Bk R, -, bk & sd L rising to ball of foot, w/ a slight LF trn sd & bk R to BJO DRC*) ;
- 5-8** **FRONT TWISTY VINE 4 ; CROSS PIVOT TO SCAR ; FRONT TWISTY VINE 8 ; ;**
- QQQQ 5 {FRONT TWISTY VIN 4} XRif of L trng slightly RF, sd L to LOD cont RF trn to SCAR DRW, XRif of L begin to trn LF, sd & fwd L to BJO DLW (*W XLib of R trng slightly RF, sd R to LOD cont RF trn to SCAR DLC, XLif of R begin to trn LF, sd & bk R to BJO DRC*) ;
- SQQ 6 {X PVT TO SCAR} Fwd R outsd W beginning to trn RF, -, sd & fwd L across W cont RF trn, cont RF trn stepping sd & fwd R to SCAR DLC (*W Bk L small step commence RF trn, -, sd & fwd R between M's feet heel to toe pvt 1/2 RF, sd & bk L to SCAR DRW*) ;
- QQQQ 7 {FRONT TWISTY VIN 8} XLif of R trng slightly LF, sd R to LOD trng LF to BJO DRC, XLib of R beginning to trn RF, sd & fwd R to SCAR DLC (*W XRif of L begin to trn LF, sd L to LOD cont LF trn to BJO DLW, XRif of L begin to trn RF, sd & bk L to SCAR DRW*) ;
- QQQQ 8 XLif of R trng slightly LF, sd R to LOD trng LF to BJO DRC, XLib of R beginning to trn RF, sd & fwd R to SCAR DLC (*W XRif of L begin to trn LF, sd L to LOD cont LF trn to BJO DLW, XRif of L begin to trn RF, sd & bk L to SCAR DRW*) ;
- 9-12** **CROSS HOVER TO SCP LOD ; THRU SCP CHASSE ; OPEN NATURAL ; HESITATION CHANGE TO LOD ;**
- SQQ 9 {X HVR TO SCP LOD} XLif of R, -, sd & slightly fwd R cont to rise & comp 1/4 LF trn, diagonally fwd to SCP LOD (*W XRif of L, sd & slightly bk L with rise & strong RF turn, fwd R to SCP LOD*) ;
- SQ&Q 10 {THRU SCP CHASSE } Thru R, -, sd & fwd L/cl R, fwd L to SCP LOD (*W Thru L, -, sd & fwd R/cl L, fwd R to SCP LOD*) ; [NOTE: Both remaining in SCP throughout figure]
- SQQ 11 {OP NAT} Same as Part A meas 5 ;
- SS 12 {HES CHG TO LOD} Commence RF bdy trn bk L, -, sd R cont RF trn to LOD drawing L to R over remainder of meas end CP LOD, - (*W Commence RF bdy trn fwd R, -, sd L cont RF trn to RLOD drawing R to L over the remainder of the meas end CP RLOD, -*) ;
- 13-16** **THREE STEP ; 1/2 NATURAL ; CLOSED IMPETUS ; FEATHER FINISH ;**
- SQQ 13 {3 STP} Fwd L heel lead, -, fwd R heel lead rising to toe, fwd L toe heel (*W Bk R, -, bk L, bk R*) ;
- SQQ 14 {1/2 NAT} Commence RF bdy trn fwd R heel to toe, -, cont RF trn sd L acrs LOD, bk R end CP RLOD (*W Commence RF bdy trn bk L, -, cl R [heel trn] cont trn, fwd L to CP LOD*) ;
- SQQ 15 {CL IMP} Commence RF bdy trn bk L, -, cl R to L [heel trn] cont trn, sd & bk L to CP DLW (*W Commence RF bdy trn fwd R between M's feet heel to toe trng 3/8 RF, -, sd & fwd L cont RF trn arnd M & brush R to L, fwd R between M's feet to CP DRC*) ;
- SQQ 16 {FTHR FIN} Bk R trng LF, -, sd & fwd L, fwd R outsd W X R leg in front of L at thighs end BJO DLC (*W Fwd L trng LF, -, sd & bk R, bk L crossing leg in bk of R at thighs end BJO DRW*) ;

REPEAT A**PART B MODIFIED**

- 1-4** **TELEMARK TO BANJO ; NATURAL WEAVE ; ; HOVER TO BANJO ;**
- 1-4 Same as Part B meas 1-4 ; ; ; ;

- 5-8** FRONT TWISTY VINE 4 ; CROSS PIVOT TO SCAR ; FRONT TWISTY VINE 8 ; ;
 5-8 Same as Part B meas 5-8 ; ; ; ;
- 9-12** CROSS HOVER TO SCP LOD ; THRU SCP CHASSE ; OPEN NATURAL ; HESITATION CHANGE TO LOD ;
 9-12 Same as Part B meas 9-12 ; ; ; ;
- 13-14** REVERSE WAVE ; ;
SQQ 13 {REV WAV} Fwd L starting 1/4 LF bdy trn, -, sd R LOD, bk L WALL (*W Bk R starting 1/4 LF body trn, -, cl L to R [heel trn], fwd R to WALL*) ;
SQQ 14 Bk R WALL, -, bk L curving LF, bk R to end fcg CP RLOD (*W Fwd L, -, fwd R curving, fwd L to end CP LOD*) ;

PART C

- 1-5** BACK FEATHER ; BACK 3 STEP ; IMPETUS TO SCP LOD ; IN & OUT RUNS ; ;
SQQ 1 {BK FTHR} Bk L, -, bk R w/ R shldr leading, bk L to BJO RLOD (*W Fwd R, -, fwd L w/ L shldr leading, fwd R to BJO LOD*) ;
SQQ 2 {BK 3 STP} Bk R, -, bk L, bk R to CP RLOD (*W Fwd L w/ heel lead, -, fwd R w/ heel lead & rising to toe, fwd L toe heel to CP LOD*) ;
SQQ 3 {IMP TO SCP LOD} Bk L trng LF, -, cl R to L cont heel trn, sd & fwd L SCP LOD (*W Fwd R between M's feet trng RF, -, sd L cont trng, sd & fwd R to SCP LOD*) ;
SQQ 4 {I/O RUNS} Fwd R starting RF trn, -, sd & bk L DLW to CP, bk R to BJO RLOD (*W Fwd L, -, fwd R between M's feet, fwd L outsd M to BJO LOD*) ;
SQQ 5 Using CBM bk L trng RF, -, sd & fwd R between W's feet cont RF trn, fwd L to SCP LOD (*W Using CBM fwd R starting RF trn, -, sd & bk L cont RF trn, fwd R to SCP LOD*) ;
- 6-8** CHAIR & SLIP ; TURN LEFT & RIGHT CHASSE TO BJO ; OUTSIDE CHANGE TO BJO ;
SQQ 6 {CHR & SLP} Ck thru R w/ lun action, -, rec L [no rise], w/ LF bdy trn slip R bhd L cont LF trn to CP DLC (*W Ck thru L w/ lun action, -, rec R [no rise], swvl LF on R & stp fwd L outsd M to CP DRW*) ;
SQ&Q 7 {TRN L & R CHASSE TO BJO} Fwd L begin LF bdy trn, -, sd R cont trn LF/cl L, sd R comp trn to BJO DRC (*W Bk R begin LF bdy trn, -, sd L cont LF trn/cl R, sd L comp trn to BJO DLW*) ;
SQQ 8 {OUTSD CHG TO BJO} Bk L, -, bk R trn LF, sd & fwd L outsd ptr to BJO DLW (*W Fwd R, -, fwd L trng LF, sd & bk R to BJO DRC*) ;

END

- 1-4** FRONT TWISTY VINE 4 ; CROSS PIVOT TO SCAR ; FRONT TWISTY VINE 8 ; ;
 1-4 Same as Part B meas 5-8 ; ; ; ;
- 5-8** REVERSE TURN 1/2 ; HOVER CORTE ; BACK WHISK ; THRU SCP CHASSE ;
SQQ 5 {REV TRN 1/2} Fwd L starting LF bdy trn, -, sd R cont trn, bk L LOD to CP RLOD (*W Bk R starting LF bdy trn, -, cl L to R [heel trn] cont trn, fwd R to CP LOD*) ;
SQQ 6 {HVR CORTE} Bk R trng LF, -, sd & fwd L w/ hovering action cont bdy trn, rec bk & sd R end BJO DLW (*W Fwd L trng LF, -, sd & fwd R w/ hovering action, rec fwd & sd L to BJO DRC*) ;
SQQ 7 {BK WSK} Bk L, -, bk & sd R, XLib to SCP DLW (*W Fwd R, -, fwd & sd L, XRib to SCP DLW*) ;
 8 {THRU SCP CHASSE} Same as Part B meas 10 ;
- 9-12** THRU TO A LEFT WHISK ; UNWIND IN 6 TO BJO LOD QUICK OUTSIDE SWIVEL TO SCP DLC ; ; THRU SCP CHASSE ;
SQQ 9 {THRU TO L WSK} Thru R in momentary SCP, -, sd & fwd L trng body LF to CP, XRib of L to RSCP trng bdy LF (*W Thru L, -, sd & slightly bk R to CP, cross L well bhd R*) ;
QQQQ 10 {UNWIND IN 6 TO BJO LOD} M rotate [for 6 beats] RF on ball of R & heel of L with no weight change to end BJO LOD, -, -, - (*W Unwind RF fwd R, fwd L, fwd R, fwd L*) ; [NOTE: All stps are around M causing him to unwind to BJO LOD]
QQQ- 11 -, - [end BJO LOD] (*W Fwd R, fwd L to BJO RLOD*) , {QK OUTSD SWVL TO SCP DLC} Bk L in CMBP, XRif of L w/ strong RF body trn no weight change (*W Fwd R, swvl RF on ball of R foot to SCP DLC*) ;
SQ&Q 12 {THRU SCP CHASSE} Same as Part B meas 10 except it moves DLC ;
- 13-15+** PROMENADE WEAVE ; ; FORWARD RIGHT LUNGE ; QUICK CHANGE SWAY ,
 13-14 {PROM WEV} Same as Part A meas 8-9 ; ; ;
SS 15 {FWD R LUN} Fwd L DLW, -, flex L knee move sd & slightly fwd R keep L sd in twd ptr & as wgt is taken flex R knee & make slight LF bdy trn & look at ptr, - (*W Bk R, -, flex R knee move sd & slightly bk L keep R sd in twd ptr & as wgt is taken flex L knee & make slight LF bdy trn, -*) ;
Q + {QK CHG SWAY} Qk stretch R sd to open W's head as M looks L on last note of music (*W Qk stretch L sd of bdy to open head to R on last note of music*) , [1 beat]