

I'M A SOUL MAN



CHOREO: Doug & Cheryel Byrd (423) 619-6813 dbyrdhouse@comcast.net

1443 Britt Lauren Way Soddy Daisy, TN 37379

RHYTHM: Cha Cha

TIME: 2:33 @ 46-47 RPM

DIFFICULTY: Average

RAL PHASE: IV+1 (Double Cubans) +3 (Chase Full Turn, Ronde Cha Box, Alternating Underarm Turns)

MUSIC: Soul Man

ARTIST: Sam & Dave

ALBUM: Soul Men

MUSIC PREVIEW: [youtube.com/Soul Man](https://youtube.com/SoulMan)

DOWNLOAD: [amazon.com/Soul Man](https://amazon.com/SoulMan)

FOOTWORK: Opposite except where indicated

RELEASED: June 2022

SEQUENCE: INTRO AB AB C B D ENDING

MEAS:

INTRO

1-4 WAIT 2 MEAS; ; CIRCLE SNAP 4 ; ;

- 1-2 Bk-Bk 'V' Pos [M fcg DLC ~ W fcg DLW] w/ arms crossed wt 2 meas ; ;
 ss; ss 3-4 Circ awy & tog snapping fingers in between stps L, -, R - ; L, -, R to BFLY WALL, - ;

5-8 DOUBLE CUBANS; ; CHASE FULL TURN; ;

- 5-6 XLif (XRif)/rec R, sd L/rec R, XLif (XRif)/rec R, sd L ; XRif (XLif)/rec L, sd R/rec L, XRif (XLif)/rec L, sd R ;
 7-8 Fwd L trng ½ RF, fwd R trng ½ RF, bk L/XRif, bk L ; bk R, rec L, fwd R/XLib, fwd R ; (bk R, rec L, fwd R/XLib, fwd R ; fwd L trng ½ RF, fwd R trng ½ RF, bk L/XRif, bk L ;)

PART A

1-4 HALF BASIC; FAN; HOCKEY STICK; ;

- 1-2 Fwd L, rec R, sd L/cl R, sd L ; bk R, rec L, sd R/cl L, sd R to FAN (fwd L, trng LF sd & bk R trng ¼ LF, bk L/lk R in frnt, bk L leaving R xtnded fwd w/ no wgt) ;
 3-4 Fwd L, rec R, bring jnd ld hnds acrs ifo his forehead preparing W to trn L in plc L/R, L ; raise jnd ld hnds bk R, rec L, fwd R/cl L, fwd R following W ; (cl R, fwd L, fwd R/L, R ; fwd L, fwd R trng LF undr jnd ld hnds to fc ptr, bk L/cl R, bk L on a diag ;)

5-8 SHOULDER TO SHOULDER; CRAB WALKS; ; SPOT TURN;

- 5-6 Fwd L to BFLY SCAR, rec R to fc, sd L/cl R, sd L ; XRif, sd L, XRif/sd L, XRif ;
 7-8 Sd L, XRif, sd L/cl R, sd L ; swvlg ¼ LF (RF) on ball of L stp fwd R cont trng ½, rec L cont trng ¼ to fc ptr, sd R/cl L, sd R ;

PART B

1-4 BREAK BACK TO TRIPLE CHA FORWARD; ; SWIVEL 2 & CHA; CUCARACHA;

- 1-2 Bk L, rec R, fwd L/lk Rib of L, fwd L ; fwd R/lk Lib of R, fwd R, fwd L/lk Rib of L, fwd L ;
 3-4 w/ swvlg action fwd R, fwd L, fwd R/cl L, fwd R ; sd L, rec R, cl L/in plc R, in plc L ;

5-8 AIDA TO TRIPLE CHA BACK; ; SWITCH ROCK; FENCE LINE 3;

- 5-6 Fwd R trng RF, sd L cont RF trn, bk R/lk L in frnt, bk R ; bk L/lk R in frnt, bk L, bk R/lk L in frnt, bk R ;
 7 Trng LF (RF) to fc ptr sd L ckg bringing jnd ld hnds thru, rec R, sd L/cl R, sd L ;
 QQQ- 8 X lun R thru w/ bent knee looking LOD, rec L trng to fc ptr, sd R, - ;

PART C

1-4 CHASE FULL TURN; ; RONDE CHA BOX; ;

- 1-2 Repeat meas 7-8 INTRO ; ;
 3-4 Ronde L in frnt (R in bk), sd R, bk L/lk R in frnt (L in bk), bk L ; ronde R in bk (L in frnt), sd L, fwd R/lk L in bk (R in frnt), fwd R ;

5-8 HALF BASIC; ALTERNATING UNDERARM TURNS [LADY ~ MAN ~ LADY]; ; ;

- 5-6 Fwd L, rec R, sd L/cl R, sd L ; raise jnd ld hnds trn bdy slightly RF bk R, rec L squaring bdy to fc ptr, sd R/cl L, sd R (swvlg ¼ RF on R fwd L trng ½ RF undr jnd ld hnds, rec R trng ¼ RF to fc ptr, sd L/cl R, sd L) ;
 7-8 Jn trl hnds swvlg ¼ RF on R fwd L trng ½ RF undr jnd ld hnds, rec R trng ¼ RF to fc ptr, sd L/cl R, sd L (raise jnd trl hnds trn bdy slightly RF bk R, rec L squaring bdy to fc ptr, sd R/cl L, sd R) ; jn ld hnds & repeat meas 6 PART C ;

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PART D

1-5 ALEMANA; ; LARIAT; ; NEW YORKER 4;

1-2 Fwd L, rec R, bk L/cl R, bk L bringing jnd ld hnds up to palm to palm pos ldg W to trn RF ; bk R, rec L, sd R/cl L, sd R ; (bk R, rec L, fwd R/cl L, fwd R comm RF trn ; cont RF trn undr jnd ld hnds fwd L, cont RF trn fwd R, sd L/cl R, sd L ;)

3-4 Stp in plc L, R, L/R, L ; R, L, R/L, R ; (circ M CW w/ jnd ld hnds fwd R, fwd L, fwd R/cl L, fwd R ; fwd L, fwd R, fwd L/cl R trng to fc ptr, sd L ;)

QQQQ 5 Swvlg on R ft bring L ft thru w/ straight leg to LOP RLOD, rec R swvlg to fc ptr, sd L, cl R ;

6-9 SLOW MERENGUE CLOSE; 4 QUICK MERENGUE; SLOW MERENGUE CLOSE; HIP ROLL DOWN & UP;

SS 6 [w/ merengue action] sd L, -, cl R, - ;

QQQQ 7 [w/ merengue action] sd L, cl R, sd L, cl R ;

SS 8 Repeat meas 6 PART D ;

-, -, - 9 Keeping feet & knees tog bend knees while rolling hips fwd & bk, -, rise while rolling hips fwd & bk, - ;

ENDING

1-4 CHASE w/ TRIPLE CHAS; ; ; ;

1-2 Fwd L comm RF trn ½, rec fwd R to TANDEM COH M in frnt, fwd L/lk R in bk, fwd L ; fwd R/lk L in bk, fwd R, fwd L/lk R in bk, fwd L ; (bk R w/ no trn, rec L, fwd R/lk L in bk, fwd R ; fwd L/lk R in bk, fwd L, fwd R/lk L in bk, fwd R ;)

3-4 Fwd R comm LF trn ½, rec fwd L to TANDEM WALL W in frnt, fwd R/lk L in bk, fwd R ; fwd L/lk R in bk, fwd L, fwd R/lk L in bk, fwd R ; (fwd L comm RF trn ½, rec fwd R, fwd L/lk R in bk, fwd L ; fwd R/lk L in bk, fwd R, fwd L/lk R in bk, fwd L ;)

5-8 LADY TURN TO FACE w/ SIDE CHA ENDING; CRAB WALK; 2 SIDE CLOSES; YOU'RE SAFE;

5-6 Fwd L, rec R, sd L/cl R, sd L (fwd R comm LF trn ½, rec fwd L, sd R/cl L, sd R) ; XRif, sd L, XRif/sd L, XRif ;

QQQQ 7 Sd L, cl R, sd L, cl R ;

S, -, - 8 Lun L LOD & xtnd arms to sd [like a baseball umpire would signal "safe"], -, -, - ;

CUE CARD

SEQUENCE: INTRO AB AB C B D ENDING

INTRO (8 Meas)

BK-BK 'V' M Fcg DLC [Arms Crossed] Wt 2 Meas ; ; Circ Snap 4 [BFLY] ; ;
Dbl Cubans ; ; Chs Full Trn ; ;

PART A (8 Meas)

1/2 Bas ; Fan ; Hky Stk ; ;
Shldr-Shldr ; Crb Wlks ; ; Spt Trn ;

PART B (8 Meas)

Brk Bk to Trpl Cha Fwd ; ; Swvl 2 & Cha ; Cuca ;
Aida to Trpl Cha Bk ; ; Swch Rk ; Fnc Line 3 ;

PART A (8 Meas)

1/2 Bas ; Fan ; Hky Stk ; ;
Shldr-Shldr ; Crb Wlks ; ; Spt Trn ;

PART B (8 Meas)

Brk Bk to Trpl Cha Fwd ; ; Swvl 2 & Cha ; Cuca ;
Aida to Trpl Cha Bk ; ; Swch Rk ; Fnc Line 3 ;

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PART C (8 Meas)

Chs Full Trn ; ; Ronde Cha Box ; ;
1/2 Bas ; Alt Undrm Trns [W~M~W] ; ; ;

PART B (8 Meas)

Brk Bk to Trpl Cha Fwd ; ; Swvl 2 & Cha ; Cuca ;
Aida to Trpl Cha Bk ; ; Swch Rk ; Fnc Line 3 ;

PART D (9 Meas)

Alemana ; ; Lrt ; ;
NY 4 ;
Slo Merengue Cl ; 4 Qk Merengue ; Slo Merengue Cl ; Hip Roll Dwn & Up ;

ENDING (8 Meas)

Chs w/ Trpl Chas ; ; ; ;
W Trn to Fc w/ Sd Cha Ending ; Crb Wlk ; 2 Sd Cls ; You're Safe ;