

# I AM A MAN OF CONSTANT SORROW

**MUSIC:** Alison Krauss + Union Station CD LIVE Disc 2 Track 4  
**LEVEL:** Easy Advanced  
**CHOREO:** Vickie Dean NSW Australia  
**SEQUENCE:** A BRK B C BRK D A BRK E C BRK F A BRK  
**INTRO:** Wait 16 Counts Left Foot Lead

---

## COUNTS CUE

### PART A

8 Stomp Shnike  
4 2 Kenny's Thing  
4 Drag Back  
4 Day Dream  
**20 Repeat opp footwork**

### BREAK

8 Slur Buck Basic L & R

### PART B

8 Jackaroo  
4 Lori Pivot 1/2 R  
8 Flat Burton Turnaround 1/2 R

### PART C

8 Tennessee Double Slur Vine  
4 Jean's Way 1/2 L  
4 2 Lori Step  
4 Half Far Side  
**20 Repeat to front**

### BREAK

8 Slur Buck Basic L & R

### PART D

4 Syncopated Run  
4 Stomp Double 1/2 R  
**8 Repeat to front**  
4 Synco Scuff

### PART A

8 Stomp Shnike  
4 2 Kenny's Thing  
4 Drag Back  
4 Day Dream  
**20 Repeat opp footwork**

### BREAK

8 Slur Buck Basic L & R

## COUNTS CUE

### PART E

8 Reverse Slur Basic  
8 Flat Swayback  
4 2 Flea Flicker

### PART C

8 Tennessee Double Slur Vine  
4 Jean's Way 1/2 L  
4 2 Lori Step  
4 Half Far Side  
**20 Repeat to front**

### BREAK

8 Slur Buck Basic L & R

### PART F

4 Half Cole Step  
4 Flat Rocker Slide  
**8 Repeat opp footwork**  
4 Steve's Easy

### PART A

8 Stomp Shnike  
4 2 Kenny's Thing  
4 Drag Back  
4 Day Dream  
**20 Repeat opp footwork**

### BREAK

8 Slur Buck Basic L & R



APPROVED  
23 MAR 2005

Step descriptions for: **I AM A MAN OF CONSTANT SORROW**

**STOMP SHNIKE**

(P) STO TNDN S DT BA BA S DS DT HOP DT HOP TT-BA DT HOP TCH  
 L R L R R L R L R L R L R L R L  
 & 1 e&a2 & a3 e & 4 &a5 e& a 6e & a 7 e& a 8

**KENNY'S THING**

(ots) (Clk R to L)  
 DS TCHH (Lift L toe. Bring R heel to touch L toe) FL S  
 L R L R  
 &a1 e & a 2

**DRAG BACK**

(xif) (bk) (xif) (bk)  
 DS DR RK S DR RK S  
 L R L R R L R  
 &a1 & 2 & 3 & 4

**DAY DREAM**

DS TNUP TNDN RS  
 L R R LR  
 &a1 e&a2 e&a3 &4

**SLUR BUCK BASIC**

(xib) (bk)  
 DS SLR-S DS TT-BA TCHH-BA  
 L R L R L  
 &a1 & 2 &a3 e & a 4

**JACKAROO**

[DS TNDN TNDN TNUP](fwd) (xif) (bk) (xif) (bk) (xif) (bk) (xif)  
 L R L R R L R L R L R L R  
 &a1 e&a2 e&a3 e&a4 &a5 e & a 6 e & a 7 e & a 8

**LORI PIVOT**

(xib) (wgt) (1/2 R)  
 DS DT H DS H/H PVT S  
 L R L R L/R R  
 &a1 &a 2 &a3 & a 4

**FLAT BURTON TURNAROUND**

(xif) (x)  
 DS TNUP TNUP [BA BA BA](1/2 R) S DR/K SL DS RS  
 L R R R L R L L/R L R LR  
 &a1 e&a2 e&a3 & 4 & 5 & 6 &7 &8

**TENNESSEE DOUBLE SLUR VINE**

(xib) (xif) (xib)  
 DS SLR-S TNDN TNDN DS SLR-S TNDN RS  
 L R L R L R L RL  
 &a1 & 2 e&a3 e&a4 &a5 & 6 e&a7 &8

**JEAN'S WAY**

(xif) (x) (xib)  
 DT H DT H RS BA-SL  
 R L R L RL R  
 &a 1 &a 2 &3 & 4

**LORI STEP**

DS DT H  
 L R L  
 &a1 &a 2

**HALF FAR SIDE**

(f) (ots) (bk)  
 DS DT HOP DT HOP TT-BA DT HOP TCH  
 L R L R L R L R L  
 &a1 e& a 2e & a 3 e& a 4

**SYNCOPATED RUN**

(xif) (xif)  
 (P) S TCHH-BA TCHH-S S TCHH-BA TCHH-S S  
 L R L R L R L  
 & 1 e & a 2 & 3 e & a 4

**STOMP DOUBLE**

(P) STO DS RS  
 R L R LR  
 & 1 &a2 &a3 &4

**SYNCO SKUFF**

(bk)  
 DS TNDN S TNDN TT SL  
 L R L R L R  
 &a1 e&a2 & a3e& a 4

**REVERSE SLUR BASIC**

(fwd) (fwd) (fwd)  
 DS SLR-S RS SLR-S RS SLR SL DS RS  
 L R LR L RL R L R LR  
 &a1 & 2 &3 & 4 &5 & 6 &a7 &8

**FLAT SWAYBACK**

(xif) (x)  
 DS TNUP TNUP T-H RS TNDN TNDN RS  
 L R R LR L R LR  
 &a1 e&a2 e&a3 & 4 &5 e&a6 e&a7 &8

**FLEA FLICKER**

(bk)  
 DT SL DS  
 L R L  
 &a 1 &a2

**HALF COLE STEP**

DS SL RS SL RS  
 L L RL L RL  
 &a1 & 2& 3 &4

**FLAT ROCKER SLIDE**

(f)  
 DS TNUP RS BO/HD SL  
 R L LR L/R L  
 &a1 e&a2 &3 & 4

**STEVE'S EASY**

(wgt)  
 (P) S TNDN H TCHH-S SLA-S S  
 L R L R L R  
 & 1 e&a2 & a 3 & a 4

**TENNESSEE DOWN (TNDN)**

(pop)  
 SK DR SLA-S  
 L R L  
 e & a 1

**TENNESSEE UP (TNUP)**

(pop)  
 SK DR SLA SL  
 L R L R  
 e & a 1