

Man on the Prowl

拍数: 68 墙数: 2 级数: High Intermediate
编舞者: Elke Schadewald (DE) - June 2019
音乐: Man On the Prowl - Queen



The dance starts after appr. 5 seconds with the word - Gonna 'TAKE' a little walk...

Section 1: Point r & l, Boogie Walks

- 1, 2 Point right toe to right diagonal, close RF beside LF
- 3, 4 Point left toe to left diagonal, close LF beside RF
- 5 – 8 Boogie Walks forward r-l-r-l (explanation at the bottom)

Section 2: Chassé r, Back Rock, Chassé l, Toe-Unwind

- 1&2 Step RF to right side, step LF beside RF, step RF to right side
- 3, 4 Rock back LF, recover on RF
- 5 & 6 Step LF to left side, step RF beside LF, step LF to left side
- 7, 8 touch right toe behind left heel, unwind ½ turn to the right (weight on RF) (6:00)

Section 3: Step, Kick, Back, Touch, Rolling Vine with Shuffle Turn

- 1, 2 Step LF forward to left diagonal, kick RF across LF
- 3, 4 Step RF back to right diagonal, touch left toe in front of RF
- 5, 6 ¼ turn left & step forward LF (3:00), ½ turn left & step back RF (9:00)
- 7 & 8 Step LF to left side, close RF beside LF, step LF to left side, while making ¼ turn to the left (6:00)

Section 4: Cross Rock, Ball-Cross, 2 x ¼ Turn left, Cross, ¼ Turn, Brush

- 1, 2 Cross RF over LF, recover on LF
- &3, 4 Ball-step RF to right side, cross LF over RF, ¼ turn left & step RF back (3:00)
- 5, 6 ¼ turn left & step LF to left side (12:00), cross RF over LF
- 7, 8 ¼ turn left & step LF forward (9:00), brush RF forward

Section 5: Step ¼ Turn, Sweep, ¼ Behind-Side-Cross, Side Touches

- 1, 2 ¼ turn left & step RF forward (6:00), start sweeping LF from back to front
- 3 & 4 ¼ turn & cross LF behind RF, step RF to right side, cross LF over RF (3:00)
- 5, 6 Step RF to right side, touch LF beside RF
- 7, 8 Step LF to left side, touch RF beside LF

Section 6: Kick Ball Cross & Cross, Side, Kick, Side, Cross, Side

- 1 & 2 Kick RF forward, ball-step RF beside LF, cross LF over RF,
- &3, 4 Ball-step RF to right side, cross LF over RF, step RF to right side
- 5, 6 Kick LF diag. to the left (turn slightly to the left), step LF to left side
- 7, 8 Cross RF over LF, step LF to left side

Section 7: Point Toe re & li, Out-Out-In-In (with attitude)

- 1, 2 Point right toe to right diagonal, close RF beside LF
- 3, 4 Point left toe to left diagonal, close LF beside RF
- 5, 6 step RF to the right, step LF to the left (out-out) (use your hips)
- 7, 8 step RF to center, step LF beside RF (in-in) (use your hips)

Section 8: Jazz Jumps forward, back, back, forward, Out-Out, In-In, Out-Out, In-Cross (easier Option below)

- &1 small jump forward to right diag with RF, touch LF beside RF
- &2 small jump back to left diag with LF. touch RF beside LF

- &3 small jump back to right diag with RF, touch LF beside RF
- &4 small jump forward to left diag with LF, step RF beside LF (weight on RF)
- &5 step LF to left side, step to right side (out-out)
- &6 step LF to center, step RF beside LF (in-in)
- &7 step LF to left side, step RF to right side (out-out)
- &8 step LF to center, cross RF over LF (in-cross)

Section 9: Unwind

- 1-3 Unwind $\frac{3}{4}$ turn to the left to 6:00,
- 4 Stomp Up RF

Easier option for Section 8 – generally recommended for wall 7 & 8

Step, Touch, Back, Touch, Side. Touch, Side, Cross

- 1, 2 Step RF forward to right diag, touch LF beside RF
- 3, 4 Step LF back to left diag, touch RF beside LF
- 5, 6 Step RF to right side, touch LF beside RF
- 7, 8 Step LF to left side, cross RF over LF

TAG in wall 5 after Section 6 (replaces section 7)

Bump – a-Bump r & l, Stomp, Hold

- 1 Step RF forward to right diag & push right hip forward;
- a2 Bump hip back to left diag and forward again
- 3 Step LF forward to left diag & push left hip forward;
- a4 Bump hip back to right diag and forward again
- 5, 6 Stomp RF beside LF, Hold

Note: Section 8 starts when Freddie sings the first „Baby“!

Part A = complete 68 Counts

Part B = Section 2 - 5, then 8 & 9 (omit Section 1, 6 & 7)

Dance routine: A – B – A – B – A with tag – A – B – A - finish

- 1. Wall - A: Counts 1 – 68
- 2. Wall - B: Section 2 - 5, then 8 & 9 (omit Section 1, 6 & 7)
- 3. Wall - A: Counts 1 – 68
- 4. Wall - B: Section 2 - 5, then 8 & 9 (omit Section 1, 6 & 7)
- 5. Wall - A with tag: dance Section 1 - 6, replace Section 7 with tag,

then continue with Section 8 & 9

- 6. Wall - A: Counts 1 – 68)
- 7. Wall - A without section 1 (start with section 2)
- 8. Wall - A Counts 1 – 68
- 9. Wall - finish: Section 1, then Boogie Walks (or Twists) forward till music ends

Boogie Walks:

The free hip lifts and moves in a circular motion away from the weighted leg, stepping forward with the free foot.

If you find this too complicated, just do twist or skate steps instead.

Last Update - 26 June 2019
