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...

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 I, 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

Section 3: Step	, Kick, Back, Touch, Rolling vine with Shume 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	1/4 turn left & step forward LF (3:00), 1/2 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 1/4 Turn left, Cross, 1/4 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	1/4 turn left & step LF to left side (12:00), cross RF over LF
7, 8	1/4 turn left & step LF forward (9:00), brush RF forward

Section 5: Step 1/4 Turn, Sweep, 1/4 Behind-Side-Cross, Side Touches

1, 2	1/4 turn left & step RF foward (6:00), start sweeping LF from back to front
3 & 4	1/4 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

small jumg back to right diag with RF, touch LF beside RF
small jump forward to left diag with LF, step RF beside LF (weight on RF)
step LF to left side, step to right side (out-out)
step LF to center, step RF beside LF (in-in)
step LF to left side, step RF to right side (out-out)
step LF to center, cross RF over LF (in-cross)

Section 9: Unwind

1-3 Unwind \(^3\)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 & I, Stomp, Hold

1 Step RF forward to right diag & push right hip foward;

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