

Man on a Mission

拍数: 32 墙数: 2 级数: Low Improver
编舞者: Merete Louise Østberg (DK) - November 2023
音乐: Man on a Mission - Oh The Larceny



Intro: 16 counts

Easy Tag wall 3 & 8 facing 12:00: See description at bottom of page

Restart: Wall 2 & 5 after 8 counts facing 6:00

NOTE: Choreographed as an easier version of the amazing Low Advanced dance 'Men on a Mission', choreographed by Gary O'Reilly, Guillaume Richard & Niels Poulsen. The tag, the start of the dance and the ending are identical, which will look good when we dance split floor.

Section 1: Step R, behind hitch, behind side cross, jump touch, hold, RL back with grind

1-2 Step R to R side (1), cross L behind R hitching R knee up (2) 12:00
3&4 Cross R behind L (3), step L to L side (&), cross R over L (4) 12:00
&5-6 Jump L to L side (&), touch R next to L (5), hold (6) 12:00
7-8 Step back on R & grind L heel to L side (7), step back on L & grind R heel to R side (8) 12:00

**Restart Wall 2 & 5, 6:00

Section 2: R push rock, R sailor ¼ R, L push rock, L sailor ¼ L

1-2 Push upper-body to R side (1), recover back on L (2) 12:00
3&4 Cross R behind L starting to turn ¼ R (3), finish ¼ R stepping L next to R (&), step R to R side 3:00
5-6 Push upper-body to L side (5), recover back on R (6) 3:00
7&8 Cross L behind R starting to turn ¼ L (7), finish ¼ L stepping R next to L (&), step L to L side (8) 12:00

Section 3: RL samba, R jazz ¼ R, L touch

1&2 Cross R over L (1), rock L to L side (&), recover on R (2) 12:00
3&4 Cross L over R (3), rock R to R side (&), recover on L (4) 12:00
5-6 Cross R over L (5), step back on L (6) 12:00
7-8 Turn ¼ R stepping R to R side (7), touch L next to R (8) 3:00

Section 4: LR back pony steps, L back rock, forward 1/4 turn R, L cross

1&2 Step L back & pop R knee (1), touch ball of R beside L (&) step L in place & pop R knee (2) 3:00
3&4 Step R back & pop L knee (3), touch ball of L beside R (&) step R in place & pop L knee (4) 3:00
5-6 Step L back & pop R knee (5), recover fwd onto R (6) 3:00
7&8 Step L fwd (7), turn ¼ R onto R (&), cross L over R (8) 6:00

Tag: There's a 4 count tag. It comes twice. 1st time after wall 3 and 2nd time after wall 8. Both times facing 12:00:

[1 – 4&] Side R, behind hitch, behind side, R cross rock 12:00

1 – 2 Step R to R side (1), cross L behind R hitching R knee up (2) 12:00
3&4& Cross R behind L (3), step L to L side (&), cross rock R over L (4), recover on L (&)

Restart: On wall 2 & 5 after 8 counts facing 6:00

Ending: Finish wall 9 (starts at 12:00). To end at 12:00: Step R to R side (1), turn ½ L stepping L to L side saluting with R hand to R side of head and placing L hand behind your back (2)

Last Update: 5 Dec 2023

