

# Man On A Mission

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Alan Haywood (UK)  
音乐: Man On A Mission - Hall & Oates



## RIGHT FORWARD SHUFFLE, ROCK RECOVER, LEFT BACK SHUFFLE, ROCK RECOVER

1&2      Step right forward, close left to it, step right forward  
3-4      Rock forward onto left, recover weight back onto right  
5&6      Step left back, close right to it, step left back  
7-8      Rock back onto right, recover weight forward onto left

## RIGHT FORWARD, ½ LEFT, TRIPLE ½ LEFT, BEHIND & ACROSS, SIDE ROCK RECOVER

1-2      Step right forward, pivot ½ left  
3&4      Step right forward, make a ½ left stepping left forward, step right forward  
5&6      Step left behind right, step right to right side, step left over right  
7-8      Rock right to right side, recover weight onto left

## SYNCOPATED WEAVE LEFT, ROCK FORWARD, RECOVER, LEFT BACK SHUFFLE

1&2      Step right behind left, left to left side, step right across left  
&3&4      Step left to left side, right behind left, left to left side, step right over left  
5-6      Rock forward onto left, recover weight back onto right  
7&8      Step left back, close right to it, step left back

## ½ RIGHT TOE STRUT TWICE, ROCK BACK RECOVER, RIGHT FORWARD MAMBO

1-2      Make ½ turn right stepping right toe forward, drop right heel  
3-4      Make ½ turn right stepping left toe back, drop left heel  
5-6      Rock back onto right, recover weight forward onto left  
7&8      Step right forward, step left next to right, step right back

## SYNCOPATED WEAVE RIGHT, RIGHT HEEL FORWARD, HOLD & LEFT HEEL FORWARD, HOLD

1&2      Step left over right, right to right side, left behind right  
&3&4      Right to right side, left over right, right to right side, left behind right  
5-6      Right heel forward, hold  
&7-8      Step right back, left heel forward, hold

## CROSS, BACK, & CROSS, BACK, ROCK BACK, RECOVER, RIGHT LOCK STEP

1-2      Cross step left over right, step back onto right  
&3-4      Step left back, cross step right over left, step left back  
5-6      Rock back onto right, recover weight forward onto left  
7&8      Step right forward, lock step left behind right, step right forward

## ¼ RIGHT SHUFFLE, RIGHT SAILOR, ½ LEFT TOE STRUT, ¼ LEFT TOE STRUT

1&2      Step left to left side making ¼ right, close right next to left, step left to left side  
3&4      Cross right behind left, step left to left side, step right in place  
5-6      Make ½ turn left stepping left toe forward, drop left heel  
7-8      Make ¼ turn left stepping right toe to side, drop right heel

## LEFT SAILOR, RIGHT SAILOR, SIDE, HOLD, & SIDE HOLD

1&2      Cross left behind right, right to right side, left in place  
3&4      Cross right behind left, step left to left side, step right in place  
5-6      Step left to left side, hold

&7-8

Step right next to left, step left to left side, hold

**REPEAT**

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