

Grown Man

COPPERKNOB
STEPSHEETS

拍数: 64

墙数: 2

级数: Phrased High Intermediate /
Advanced



编舞者: Johanna Barnes (USA) - May 2013

音乐: Grown Man (feat. The Pussycat Dolls & Teddy Riley) - New Kids On the Block

Sequence: 32 count intro, A, B, B, A, B, B, A, 8-count Tag, B, B

Part A (start clock notation at 12:00)

[1~8]: PUSH SLIDES x2, ROCK-RECOVER, COASTER STEP

- 1 step-push ball of R foot slightly forward
- 2 slide ball of L foot back (away), take full weight R by dropping heel
- 3 step-push ball of L foot slightly forward
- 4 slide ball of R foot back (away), take full weight L by dropping heel
- 5 R rock forward
- 6 recover weight (back) on to L
- 7 R step back
- & L step next to R
- 8 R step forward

[9~16]: OUT, OUT, HOLD, TOGETHER-CROSS, ROCK-BACK RUN, 'LOCK,' ½ UNWIND

- 1 L step out to left side and slightly forward
- 2 R step out to right side
- 3 hold
- & L step next to R
- 4 R step across L (angled slightly to 11:00)
- 5 L rock forward (toward 11:00)
- & roll hips under to take weight back onto R
- 6 L step back
- & R step back
- 7 L toes step back, reaching behind (across) R
- 8 unwind ½ turn L, full weight L (facing 6:00)

[17~24]: KICK-BALL-BACK, STEP ¼ TURN x2 (R THEN L)

- 1 R kick forward
- & R step next to left
- 2 L toes touch back
- 3 L step forward
- 4 push ¼ turn R, onto R (facing 9:00)
- 5 L kick forward
- & L step next to R
- 6 R toes touch back
- 7 R step forward
- 8 push ¼ turn L, onto L (facing 6:00)

[25~32]: JAZZ SQUARE, OUT-OUT, HOLD, DOUBLE KNEE/HEEL PULSE

- 1 R step across L
- 2 L step back
- 3 R step to R side
- 4 L step across R
- & R step out to right side
- 5 L step out to left side

- 6 Hold*
- a pulse both knees upward
- 7 bring both heels to floor
- a pulse both knees upward
- 8 bring both heels to floor, shifting to weight L

*Option for the hold: Do 'the butterfly' which is accomplished rolling both knees inward then back out as they bend and straighten (ah 6).

8 COUNT TAG: Occurs after the 3rd A

[1~8]: pulse right (1), left (2), right (3), left (4), right (&), then snake roll up to weight L (with music) (5-8)

PART B (start clock notation at 12:00, since this sequence repeats)

[1~8]: STEP ROLLS (R THEN L)

- 1-4 R step forward, 'rolling'* through forward and back to weight R on count 4
- 5-8 L step forward, 'rolling'* through forward and back to weight L on count 8

* Rolling can occur through hips and/or shoulders, utilizing rib cage isolations

[9~16]: ROCK-RECOVER, 1 ½ TURN, STEP, ½ TURN, TRIPLE FORWARD

- 1 R rock forward
- 2 recover weight to L
- 3 ½ turn right, R stepping forward (6:00)
- & ½ turn right, L stepping back
- 4 ½ turn right, R stepping forward (6:00)
- 5 L step forward (6:00)
- 6 ½ turn right, taking weight onto R (12:00)
- 7 L step forward (12:00)
- & R step slightly past L*
- 8 L step forward, and slightly open to left

*7-8 as a triple, can be a little shuffle or a run

[17~24]: TOE GRIND x2, BALL ROCK-RECOVER, COASTER STEP

(start with body on slight angle open to 11:00)

- 1 place R toes forward (no weight, L knee slightly bent)
- & swivel R heel outward
- 2 return heel to center
- 3 hold
- & swivel R heel outward
- 4 return heel center
- & R step next to L
- 5 with L open, push rock forward
- 6 recover weight back to R
- 7 L step back
- & R step next to L
- 8 L step forward (now square to 12:00)

[25~32]: STEP, SLOW ½ CHASE TURN, STEP HIP ROLL ¼ x2

- 1 R step forward
- 2 L step forward
- 3 ½ turn R onto R (6:00)
- 4 L step forward
- 5 step forward on your R as you roll hips counter-clockwise going back to front, finishing ¼ left
- 6 take full weight R, lift up on L heel (3:00)
- 7 step down onto your L as you roll hips clockwise going back to front, finishing ¼ right
- 8 take full weight L (6:00)

(BEGIN AGAIN, and most certainly DWYF!)

SEQUENCE: A BB A BB A 8ct-Tag BB

**Clock notations are indicated from the start of that phrase you are walking through.
Each phrase can be considered a 'new' 12:00 o'clock wall description.**

This step description is intended to be a guideline.

Dance demos and visual references may be found on the DanceWhatYouFeel YouTube channel.

<http://www.youtube.com/user/DanceWhatYouFeel>

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