|  |  |
| --- | --- |
| Grown Man |  |

.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **Count:** | 64 | **Wall:** | 2 | **Level:** | Phrased High Intermediate / Advanced | . |
| **Choreographer:** | Johanna Barnes (USA) - May 2013 | | | | |
| **Music:** | 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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