

Grown Man

LINEDANCE.COM

Count: 64

Wall: 2

Level: Phrased High Intermediate / Advanced

Choreographer: Johanna Barnes (May 2013)

Music: Grown Man by New Kids On The Block (ft. Pussycat Dolls & Teddy Riley)

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

1step-push ball of R foot slightly forward

2slide ball of L foot back (away), take full weight R by dropping heel

3step-push ball of L foot slightly forward

4slide ball of R foot back (away), take full weight L by dropping heel

5R rock forward

6recover weight (back) on to L

7R step back

&L step next to R

8R step forward

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

1L step out to left side and slightly forward

2R step out to right side

3hold

&L step next to R

4R step across L (angled slightly to 11:00)

5L rock forward (toward 11:00)

&roll hips under to take weight back onto R

6L step back

&R step back

7L toes step back, reaching behind (across) R

8unwind $\frac{1}{2}$ turn L, full weight L (facing 6:00)

[17~24]: KICK-BALL-BACK, STEP $\frac{1}{4}$ TURN x2 (R THEN L)

1R kick forward

&R step next to left

2L toes touch back

3L step forward

4push $\frac{1}{4}$ turn R, onto R (facing 9:00)

5L kick forward

&L step next to R

6R toes touch back

7R step forward

8push $\frac{1}{4}$ turn L, onto L (facing 6:00)

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

1R step across L

2L step back

3R step to R side

4L step across R

&R step out to right side

5L step out to left side

6 Hold*

apulse both knees upward

7bring both heels to floor

apulse both knees upward

8bring 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)

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

5-8L 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

1R rock forward

2recover weight to L

3½ turn right, R stepping forward (6:00)

&½ turn right, L stepping back

4½ turn right, R stepping forward (6:00)

5L step forward (6:00)

6½ turn right, taking weight onto R (12:00)

7L step forward (12:00)

&R step slightly past L*

8L 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)

1place R toes forward (no weight, L knee slightly bent)

&swivel R heel outward

2return heel to center

3hold

&swivel R heel outward

4return heel center

&R step next to L

5with L open, push rock forward

6recover weight back to R

7L step back

&R step next to L

8L step forward (now square to 12:00)

[25~32]: STEP, SLOW $\frac{1}{2}$ CHASE TURN, STEP HIP ROLL $\frac{1}{4}$ x2

1R step forward

2L step forward

3 $\frac{1}{2}$ turn R onto R (6:00)

4L step forward

5step forward on your R as you roll hips counter-clockwise going back to front, finishing $\frac{1}{4}$ left

6take full weight R, lift up on L heel (3:00)

7step down onto your L as you roll hips clockwise going back to front, finishing $\frac{1}{4}$ right

8take 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>

Contact: Johanna@dancewhatyoufeel.com ~ www.dancewhatyoufeel.com ~ 203.464.5322