HE’S A MACHO MAN

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Music: By Claude Blouin Album: Disque de Danse – Vol. 1 - Music available as a download from CasaMusica

Footwork: Opposite, directions for man except as noted (W’s in parentheses)
Rhythm: Cha Cha Phase:V+2U [Chase Full Trns, Kick to 4]
Speed: 41 or slow for comfort Timing 1,2,3&4; [unless otherwise noted]
Sequence: INTRO, A, B, C, A, B, END Difficulty level: Intermediate

INTRODUCTION

1 – 4 WAIT;; CHASE w/FULL TURNS;;
1-2 [M fc ptn & WALL – no hnds – lead ft free] Wait lead in notes & 2 meas;;
3-4 [Chase w/full trns] Fwd L trn RF ½, rec R trn RF ½, bk L/R, L (W bk R, rec L, fwd R/L, R); Bk R, rec L, fwd R/L, R (W fwd L trn RF ½, rec trng RF ½, bk L/R, L) blend to BFLY;

5 – 8 FENCE LINE; CRAB WALKS;; SPOT TRN;
5 [Fence Line] X lunge thru L w/bent knee look to RLOD, rec R trng to fc ptnr, sd L/cl R, sd L;
6-7 [Crab Walks] Fwd R, XL IF, sd L, R XL IF/sd L, fwd R XL IF; Sd L, fwd R XL IF, sd L/cl R, sd L;
8 [Spot Trn] XR IF trng LF ½, rec L cont trn to fc ptnr, sd R/cl L, sd R;

PART A

1 – 4 OP HIP TWIST; FAN; HOCKEY STK to H/S;;
1 [Op Hip Twist] Ck fwd L, rec R, bk L/cl R, bk L small steps push arm fwd gently to trn W (W rk bk R, rec L, fwd R/fwd L, fwd R swivel ¼ RF on R);
2 [Fan] Bk R, rec L, sd R/cl L, sd R (W fwd L, fwd R trn ½ LF, bk L, lock R IF, bk L leave R ext fwd w/no wt);
3-4 [Hockey Stk to H/S] Fwd L, rec R, IP L/R, L (W cl R, fwd L, fwd R/L, R); Bk R, rec L, fwd R/cl L, fwd R (W fwd L, fwd R trng L to fc ptnr, bk L/cl R, bk L) join R to R hnds end fc DRW;

5 – 7 CK FWD to BK TRIPLE CHA’s;; W to FAN;
5-6 [Ck Fwd to Bk Triple Cha’s] [1,2,3&4,5&6,7&8]Ck fwd L, rec R, bk L/ik R IFO L, bk L; Blend to L hndshk bk R/ik L IFO R, bk R, blend to R hndshk bk L/ik R IFO L, bk L;
7 [W to Fan] Repeat Part A meas 2;

8 – 11 STOP & GO HOCKEY STK;; FULL ALEMANA;;
8-9 [Stop & Go Hockey Stk] Ck fwd L, re R raise L arm to lead W to LF u/arm trn, IP L/R, L (W cl R, fwd L, fwd R/I, R trng ½ LF under jnd hnds to end at M’s R sd); Ck fwd R w/L sd stretch shape to ptnr plae R hnd on W’s L shldr blade to ck her movement, re L raise L arm to lead W to RF u/arm trn, IP R/L, R (W rk L, rec R, fwd L/R, L trng ½ RF under jnd hnds to end fcg M in fan pos);
10-11 [Full Alemana] Fwd L, rec R, sd L/cl R, sd L lead W to trng RF (W cl R, fwd L, fwd R/L, R commence RF swivel to fc ptnr); Bk R, rec L, sd R/cl L, sd R (W continue RF trn under jnd lead hnds fwd L, cont RF trn fwd R, sd L/cl R, sd L) end fc ptnr & WALL;
12 – 16  **START LARIAT to OP LOD; WALK & CHA [2];; SLIDING DOOR; CK SD, REC to FC LOD in 4;**

12  [Start Lariat to OP LOD] Step IP L, R, L/R, L trng ¼ LF (W circle M CW w/lead hnds jnd fwd R, L, R/cl L fwd R) end OP both fc LOD;


15  [Sliding Door] Rk apt R, rec L release hnds, XRIF chg sds still fc LOD as W XIF of M/sd L, XRIF;

16  [Ck Sd, Rec to Fc LOD] [1,2,3,4] Sd L, rec R, IP L, R end OP both fc LOD;

**PART B**

1 – 6  **VINE APT 2 & CHG to SD; X CK & CHA to VARS (W in 4; PARALLEL CHASE w/TRIPLE CHA’S;;;)**

1  [Vine Apt 2 & Cha to Sd] Release hnds sd L, XR IBO L, sd L/cl R, sd L;

2  [X Ck & Cha to Vars (W 1,2,3,4;) X ck fwd R, rec L, sd R/cl L, sd R (W X ck fwd L, rec R, sd L, sd R)] end in Vars pos both fc LOD & both LF free; [Note: identical footwork for next 4 measures.]

3-6  [Parallel Chase w/Triple Cha’s] [1,2,3&4;5&6,7,8; 1,2,3&4;5&6,7,8;] Sd L trng RF, rec fwd R trng RF to fc R LOD, fwd L/k R IB,fwd L; Fwd R/k L IB, fwd R, fwd L/k R IB, fwd L; Sd R trng LF, rec fwd L trng LF to fc LOD, fwd R/k L IB,fwd R; Fwd L/kR IB, fwd L, fwd R/k L IB, fwd R;

7 – 9  **W to FCG FAN OVERTRN to FIGUREHEAD [M in 4]; W SWIVEL to FC & CHA; REV TWIRL VINE & CHA to WALL;**

7  [W to Fcg Fan Overtrn to Figurehead] [M 1,2,3,4] Ck fwd L lead W to fcg Fan, rec R, IP L, R join lead hnds (W fwd L, rwd R trn ½ LF, bk L, lock R IF, bk & sd L trng LF ½ to fc LOD w/lead hnds jnd rise thru body w/trng hnd high);

8  [W Swivel to Fc & Cha] With lead hnds still jnd sd L & lead W to sharply swivel to fc ptrn, rec R, IP L/R, L (W sd & bk R swivel to fc M, rec L, IP R/L, R);

9  [RevTwirl Vine & Cha to Wall] Sd & bk R trng to fc WALL & lead W to twirl LF under jnd lead hnds, XL IFO R cont twirl W LF, sd R/cl L, sd R;

10 – 11  **LARIAT WITH W CARESS;;**

10-11  [Lariat w/W Caress] Sd L lead W to circle CW around M, rec R release hnds & place both hnds on hips, IP L/R, L (W circle CW around M caress M thru meas 10 & 11 fwd R, L, R/L, R); Sd R, rec L, IP R/L, R (W cont circ around M fwd L, R, R/L, L to end fcg M) now fcg ptrn & WALL;

12 – 16  **CHASE PEEK-A-BOO w/CARESS;;; NY’R in 4 to BFLY;**


16  [NY’R in 4 to BFLY] [1,2,3,4] Step thru L w/straight leg trng to sd by sd pos, rec R to fc ptrn, sd L, rec R end BFLY M fc ptrn & WALL;
PART C

1 – 4  **KICK to the 4 & CHA to LOD; NY’R to TRIPLE CHA’S to RLOD;;**

**SPOT TRN:**

1  [Kick to the 4 & Cha to LOD] Swivel RF on R ft kick thru L to RLOD, swivel LF on R ft & XL leg IFO R to form “4”, twd LOD fwd L/cl R, fwd L;

2-3  [NY’R to Triple Cha’s to RLOD] [1,2,3&4,5&,6,7&8] Step thru R twd LOD with straight leg to sd by sd pos, rec L to fc ptnr, sd R/cl L, sd & fwd R to fc RLOD with inside hnds jnd;  Fwd L/lock R IBO L, fwd L, fwd R/lock L IBO R, fwd R;

4  [Spot Trn] Release hnds XL IFO R trng RF ½, recover R continue to trn RF to fc ptnr, sd L/cl R, sd L & blend to BFLY;

5 – 8  **KICK to the 4 & CHA to RLOD; NY’R to TRIPLE CHA’S to LOD;;**

**FENCE LINE:**

5  [Kick to the 4 & Cha to RLOD] Swivel LF on L ft kick thru R to LOD, swivel RF on L ft & XR leg IFO L to form “4”, twd RLOD fwd R/cl L, fwd R;

6-7  [NY’R to Triple Cha’s to LOD] [1,2,3&4,5&,6,7&8] Step thru L twd RLOD with straight leg to sd by sd pos, rec R to fc ptnr, sd L/cl R, sd & fwd L to fc LOD with inside hnds jnd;  Fwd R/lock L IBO R, fwd R, fwd L/lock R IBO L, fwd L;

8  [Fence Line] X Lunge thru R w/bent knee look to LOD, rec L trng to fc ptnr, step sd R/cl L, sd R blend to BFLY;

9 – 12  **DOUB CUBAN BRKS;; CHASE w/U/ARM PASS;;**

9-10  [Doub Cuban Brks] [1&,2&3&,4; 1&,2&3&,4;] XL, rec R, sd L/rec R ,XL/rec R, sd L;  XR, rec L, sd R/rec L ,XR/rec L, sd R;

11-12  [Chase w/U/Arm Pass] Fwd L commence ½ RF trn keep lead hnds jnd, rec fwd R, fwd L/cl R, fwd L (W bk R, rec L, fwd R/cl L, fwd R twd M’s L sd);  Bk R raise jnd lead hnds lead W to trn LF, rec L, small sd R/cl L, small sd R (R fwd L, fwd R trng ½ LF under jnd lead hnds to fc ptnr, small sd L/cl R, small sd L) end fc ptnr & COH;

13 – 16  **TIME STEPS;; CHASE w/U/ARM PASS;;**


15-16  [Chase w/U/Arm Pass] Repeat Part C meas 11 &12 start fc COH & end FC WALL;;

REPEAT PART A

REPEAT PART B
ENDING

1 – 4  FENCE LINE; CRAB WALKS [3];;
   1  [Fence Line] Repeat INTRO meas 5;
   2-4  [Crab Walks] Fwd R, XL IF, sd L, R XL IF/sd L, fwd R XL IF; Sd L, fwd R XL IF, sd L/cl R, sd L; Fwd R, XL IF, sd L, R XL IF/sd L, fwd R XL IF;

5 – 8  TRAVELING DOOR; CUCARACHA; CHASE ½ to TANDEM WALL
   [M’s HNDS ON W’s HIPS];;
   5  [Traveling Door] Rk sd L, rec R, XL IFO R/sd L, XR IFO L;
   6  [Cucaracha] Sd R, rec L, cl R/step L, step IP R;
   7-8  [Chase ½ to Tandem Wall] Fwd L trng RF ½, rec fwd R, fwd L/cl R, fwd L (W bk R, rec L, fwd R/cl L, fwd R); Fwd R trng LF ½, rec fwd L, fwd R/cl L, fwd R (W fwd L trng RF ½, rec fwd R, fwd L/cl R, fwd L) now in tandem both fc WALL & M’s hnds on W’s hips;

   [Note: music retards at this point]

9 – 12  LUNGE SD L (W CARESS); LUNGE SD R (W CARESS); W SLO STEP & TRN to CUDDLE POS; SLO BK R, L to LEG CRAWL & HOLD;
   9  [Lunge Sd L] [1,hold,;] Lunge sd L soften knee & trn to look at W,,, (W lunge sd R soften knee & trn to look at M & caress M’s cheek,,,);
   10  [Lunge Sd R] [1,hold,;] Lunge sd R soften knee & trn to look at W,,, (W lunge sd L soften knee & trn to look at M & caress M’s cheek,,,);
   11  [W Slo Step & Trn to Cuddle Pos] [1,hold,;] Step IP L & lead W to trn to fc ptrn,,, (W slight step fwd R & swivel to fc ptrn,,,) end cuddle pos M fc ptrn & WALL;
   12  [Slo Bk to Leg Crawl] [1,2,;] Bk R, L leave R ft ext & rotate upper body to L lead W to leg crawl, hold -;