

Man Of The House (Cap'n Crunch)

32 Count, 4 Wall, Intermediate

Choreographer: Tony Wilson (USA) May 2008
Choreographed to: Man Of The House by Chuck
Wicks, CD: Starting Now (100 bpm)

16 count intro

SIDE CLOSE FORWARD, SIDE CLOSE BACK, SIDE CLOSE FORWARD 1/4 TURN

1,2,3 Step L to left side, step R next to L, step L forward
4&5 Step R to right side, step L next to R, step R back
6,7,8 Step L to left side, step R next to L, step L forward into a 1/4 turn left

SIDE ROCK BEHIND REC., SIDE CLOSE SIDE, CROSS ROCK REC. 1/4 TURN

9,10,11 Step R to right side, rock step L behind R, recover weight on R in place
12&13 Step L to left side, step R next to L, step L to left side
Body angled to left diagonal for 12&13
14,15,16 Rock step R across L, recover weight on L in place, turn 1/4 right stepping R forward

FULL TURN, SHUFFLE, 1/2 PIVOT, 1/4 PIVOT

17-18 Turn 1/2 right stepping L back, turn 1/2 right stepping R forward
Simple option.. walk forward L,R

19&20 Shuffle forward L,R,L

21-22 Step R forward, turn 1/2 left with L in place weight on L

23-24 Step R forward, turn 1/4 left with L in place weight on L

During wall 9 slow down as the music slows **facing 3 O'Clock** as he stops singing. When he starts again continue on count 25

CROSS TOUCH, CROSS UNWIND, ROCK BACK REC, SHUFFLE

25-26 Cross R over L, touch L toe to left diagonal
27-28 Cross L over R, unwind 1/2 turn right weight on L
29-30 Rock step R back, recover weight on L in place
31&32 Shuffle forward RLR

At the end of wall 4, facing 12 O'Clock, add 8 counts then restart at count 1:

1-4 Step L to left side, recover on R in place, step L across R, hold
5-8 Step R to right side, recover on L in place, step R across L, hold

At the end of wall 6, facing 6 O'clock, add 4 counts swaying hips L,R,L,R then restart at count 1:

1-4 Step L to left side and sway hips left, right, left, right

For a finish change 31&32 to a 1/4 pivot turn left to finish facing the front wall:

31-32 Step R forward, turn 1/4 left weight on L
