

## HE'S A MACHO MAN

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www.twistyvines.com Release: Dec. 2015

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 ptrn & 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 ptrn, 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 ptrn, 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 ptrn, 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/lk R IFO  
L, bk L; Blend to L hndshk bk R/lk L IFO R, bk R, blend to R hndshk bk L/lk 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/l, R trng ½ LF under jnd hnds to end at M's R sd); Ck  
fwd R w/L sd stretch shape to ptrn 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 ptrn); 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 ptrn &  
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;
- 13-14 [Walk & Cha] Fwd R, L, R/cl L, fwd R; Fwd L, R, L/cl R, fwd L;
- 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 RLOD, fwd L/lk R IB,fwd L; Fwd R/lk L IB, fwd R, fwd L/lk R IB, fwd L; Sd R trng LF, rec fwd L trng LF to fc LOD, fwd R/lk L IB,fwd R; Fwd L/lkR IB, fwd L, fwd R/lk 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, L/R, L to end fcg M) now fcg ptrn & WALL;

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

- 12-15 [Chase Peek-A-Boo] Fwd L trng ½ RF, rec fwd R, fwd L/cl R, fwd L (W bk R, rec L, fwd R/cl L, fwd R); Sd R look over L shldr, re L, IP R/L, R (W sd L, rec R, IP L/R, L while caress M); Sd L look over R shldr, rec R, IP L/R, L (W sd R, rec L, IP R/L, R while caress M); Fwd R trng ½ LF, rec fwd L, fwd R/cl L, fwd R (W fwd L, rec R, bk L/cl R, bk L); [Note: caress action by W in meas 10,11,13 & 14 is preferred but not required.]
- 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 ptrn, 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 ptrn, 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 ptrn, 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 ptrn, 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 ptrn, small sd L/cl R, small sd L) end fc ptrn & COH;

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

13-14 [Time Steps] Release hnds & XL IBO R, rec R, sd L/cl R, sd L; XR IBO L, rec L, sd R/cl L, sd R;

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 -;