Maniac

Count: 64	**Wall:** 1	**Level:** Advanced

Choreographer: Lisa B. Martin

Music: Maniac 2001 - DJ Terrence

INTRO (DANCED ONE TIME ONLY)

1-2   Step forward on right

At the same time - put right arm in front of you and bend your elbow so that there is a 90-degree degree bend. Then make a fist with your hand & turn it inwards to face your body. As you step forward pull your right arm down to your waist, back up & then down to your waist

3-4   Tilt your right arm left so that it lies horizontal across your body still keeping the fist shape, then move your arm away from your body to the right side, center, right side

5-8   Repeat 1-4 on the left side

1-2   Step right to right side

At the same time - with your right hand make a wave motion across your body towards the left side

3-4   Repeat 1-2 on the left side

5-6   Step right foot center, step left beside right

At the same time - point right index finger to right shoulder, point left index finger to left shoulder

7-8   Point right index finger to the front, point left index finger to the front

1-4   Drop left arm & fan right arm from the center to the right making ¼ turn right with your right foot

5-8   Drop right arm and fan left arm from center to the left making ½ turn left with left foot

1-2   Step forward on right, pivot ½ turn left

3-4   Step forward on right pivot ¼ turn left

5-8   Making ½ turn to face the back wall shimmy round shaking your whole body for balance put you arms out

1-8   Making a full turn round left, lasso above your head paddling round 4 times each with a ¼ turn left

1-2   Punch right arms in front, punch left arm in front

3-4   Punch right arm to right side, punch left arm to left side

5-6   Punch right arm in front, punch left arm in front

7-8   Pelvis thrusts in, out, in

Pause. Wait for the beat to kick in, then add the following tag

SWITCHES, STEP PIVOT ¼

1&2   Switch right heel forward, step right beside left, switch left heel forward

&3   Step left beside right, step forward on right

4   Pivot ¼ turn left

5&6   Switch right heel forward, step right beside left, switch left heel forward

&7   Step left beside right, step forward on right

8   Pivot ¼ turn left

9-16   Repeat the above 8 counts, you should have made a full turn

ROCK RECOVER TWICE, PIVOT ½ TURN

1-2   Rock forward on right, recover on left

3-4   Rock back on right, recover on left

5-6   Step forward on right, pivot ½ turn left

END OF INTRO

THE MAIN DANCE
WALK WALK, SCUFF STEP TWICE, HIP RIGHT, LEFT
1-2	Walk forward right, left
3-4	Scuff right foot forward, step right to right side
5-6	Scuff left foot forward, step left to left side
7-8	Hips right, left

ROCK RECOVER, FULL TURN, DIAGONAL SHUFFLES
1-2	Rock back on right, recover on left
3-4	Make a full turn on right, left to the left
5&6	Shuffle to the right diagonal, step forward on right, step left beside right, step forward on right
7&8	Shuffle to the left diagonal, step forward on left step right beside left, step forward on left

¼ SHUFFLE, ROCK RECOVER, BACK SHUFFLE, ROCK RECOVER
1&2	Making ¼ turn right step forward on right, step left beside right, step forward on right
3-4	Rock forward on left recover on right
5&6	Step back on left, step right beside left, step back on left
7-8	Rock back on right, recover on left

¼ SHUFFLE, ROCK RECOVER, BACK SHUFFLE, ROCK RECOVER
1-8	Repeat the above 8 counts

GRAPEVINE, SCUFF, PIVOT ½ TWICE
1-2	Step right to right side, step left behind right
3-4	Step right to right side, scuff left
5-6	Step forward on left, pivot ½ turn right
7-8	Step forward on left, pivot ½ turn right

GRAPEVINE, SCUFF, PIVOT ½ TWICE
1-8	Repeat the above 8 counts to the left side

PADDLE FULL TURN
1-8	Paddle round left with your right foot stepping forward and then pivot turn ¼, you should ¼ turn 4 times to make a full turn

WALKS FORWARD, KICK, WALKS BACK, POINT UNWIND ½
1-2	Walk forward on right, left
3-4	Walk forward on right, kick left forward
5-6	Walk back left, right
7-8	Point left toe back, unwind ½ turn left

REPEAT

TAG
On the 4th wall you will be dancing the arm section again. You have to add on the first 1-8 of the tag and then you have to add on the last section of the arms. Then you do 48 counts of arms adding on 1-8 counts of the tag and an extra 1-8 counts of the arms