

Demolition Man

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Phrased Intermediate
编舞者: Alan Birchall (UK) & Jacqui Jax (UK) - February 2018
音乐: Demolition Man - The Cadillac Three : (CD: Legacy - The Cadillac Three)



**** Released at 'Legends' Scotland**

Sequence: A B B A(16) A(24) B B A B B

Start: On Lyrics Seconds: 10 Counts: 16 BPM: 105

PART 'A'

A1: SIDE, BEHIND, ¼ TURN, STEP ½ PIVOT, STEP, KICK BALL STEP

1-2 Step Right To Right, Cross Left Behind Right
3-4 ¼ Turn Right Stepping Right To Right, Step Forward On Left 03:00
5-6 ½ Pivot Turn Right (Weight On Right) Step Forward On Left 09:00
7&8 Kick Right Foot Forward, Step Right By Left, Step Forward On Left

A2: ROCK, RECOVER, COASTER STEP, STEP ½ PIVOT, FULL TRIPLE TURN

9-10 Rock Forward On Right, Recover On Left
11&12 Step Back On Right, Step Left By Right, Step Forward On Right
13-14 Step Forward On Left, ½ Pivot Turn Right (Weight On Right) 03:00
15&16 Full Triple Turn Right Stepping Left, Right, Left (Alt: Left Shuffle Forward)

Restart Here: During 2nd 'A' Facing 12:00

A3: RIGHT & LEFT DIAGONAL SHUFFLES, JAZZ BOX, CROSS

17&18 Step Right To Right Diagonal, Step Left By Right, Step Right To Right Diagonal
19&20 Step Left To Left Diagonal, Step Right By Left, Step Left To Left Diagonal
21-22 Cross Right Over Left, Step Back On Left
23-24 Step Right To Right, Cross Left Over Right

During 3rd 'A' Start Part 'B' Here Facing 03:00

A4: POINT, CROSS, POINT, CROSS, ½ MONTEREY TURN, STOMP

25-26 Point Right To Right, Cross Right Over Left
27-28 Point Left To Left, Cross Left Over Right
29-30 Point Right To Right, Making ½ Turn Right Step Right By Left
31-32 Point Left To Left, Stomp Left By Right 09:00

PART 'B' (x2)

B1: SIDE SHUFFLE, ROCK BACK, RECOVER X2

33&34 Step Right To Right, Step Left By Right, Step Right To Right
35-36 Rock Back On Left, Recover On Right
37&38 Step Left To Left, Step Right By Left, Step Left To Left
39-40 Rock Back On Right, Recover On Left

B2: SYNCOPATED SIDE ROCK, RECOVER, SIDE ROCK RECOVER, ¼ SAILOR TURN, FULL TURN

41-42& Rock Right To Right, Recover On Left, Step Right By Left
43-44 Rock Left To Left, Recover On Right
45&46 ¼ Turn Left Sweeping Left Behind Right, Step Right To Right, Step Left In Place 06:00
47-48 ½ Turn Left, Stepping Back On Right, Make ½ Turn Left Step Forward On Left (Alt: Walk Forward x2)

B3: STEP ¼ PIVOT, CROSS SHUFFLE, SIDE, BEHIND, SYNCOPATED WEAVE

49-50 Step Forward On Right, ¼ Pivot Left 03:00
51&52 Cross Right Over Left, Step Left To Left, Cross Right Over Left,
53-54& Step Left To Left, Right Behind Left, Step Left To Left,
55&56& Right Over Left, Step Left To Left, Right Behind Left, Step Left To Left

B4: CROSS ROCK, RECOVER, SIDE SHUFFLE, JAZZ BOX, TOUCH

57-58 Cross Rock Right Over Left, Recover On Left
59&60 Step Right To Right, Step Left By Right, Step Right To Right
61-62 Cross Left Over Right, Step Back On Right
63-64 Step Left To Left, Touch Right By Left

Dance Finishes Here: Facing 12:00

START AGAIN

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