

Maniac

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Hiroko Carlsson (AUS) - January 2024
音乐: Maniac - Sound Of Legend : (Spotify/Apple Music/Deezer)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)

[S1] Fwd Rock, Toe Strut Back, Back Rock, Toe Strut Fwd

1 2 Rock forward on R, Replace weight on L
3 4 Touch R toe back, Drop R heel down
5 6 Rock back on L, Replace weight on R
7 8 Touch L toe forward, Drop L heel down

[S2] Fwd Rock, Back, Sweep, Behind Toe Strut, Side Rock

1 2 Rock forward on R, Replace weight on L
3 4 Rock back on R, Sweeping L around from the front to the back
5 6 Touch L toe behind R, Drop L heel down
7 8 Rock R to the side, Replace weight on L

[S3] Behind, 1/4L Shuffle Fwd, Fwd, 2x Step-Pivot 1/2R

1 Step L behind R
2&3 Make a ¼ turn left stepping forward on R (9:00), Step R close, Step forward on L
4 4 5 6 Step forward on R, Step forward on R, Make a ½ turn right recover weight on L (3:00)
7 8 Step forward on R, Make a ½ turn right recover weight on L (9:00)

[S4] Fwd Rock, L Turning Shuffles, 1/2L, Point

1 2 Rock forward on L, Replace weight on R
3&4 Make a ½ turn left stepping forward on L (3:00), Step R close, Step forward on L
5&6 Make a ½ turn left stepping back on R (9:00), Step L close, Step back on R
7 8 Make a ½ turn left stepping forward on L (3:00), Point R to the side

[S5] R-L Cross Rock-Side, Fwd, Sweep 1/4R

1 2 3 Cross R over L, Replace weight on L, Step R to the side
4 5 6 Cross L over R, Replace weight on R, Step L to the side
7 8 Step forward on L making a ¼ turn right, Sweeping L around from the side to the front (6:00)

[S6] Cross Shuffle, Side Rock, Box Step

1&2 Cross L over R, Step L close, Cross L over R
3 4 Rock R to the side, Replace weight on L
5 6 Cross R over L, Step back on L
7 8 Step R to the side, Step forward on L

-Restart here on Wall 4 (12:00)

[S7] Step-Pivot 1/2L, Full Turn, Fwd Rock, Coaster Step

1 2 Step forward on R, Make a ½ turn left recover weight on L (12:00)
3 4 Make a ½ turn left stepping back on R, Make a ½ turn left stepping forward on L (12:00)
5 6 Rock forward on R, Replace weight on L
7&8 Step back on R, Step L next to R, Step forward on R

[S8] Step-Pivot 1/2R, Full Turn, Step, Kick, Back, Together

1 2 Step forward on L, Make a ½ turn right recover weight on R (6:00)
3 4 Make a ½ turn right stepping back on L, Make a ½ turn right stepping forward on R (6:00)
5 6 Step forward on L, Kick forward on R

7 8 Step back on R, Step L next to R

Restart on Wall 4 count 48 (12:00)

Ending suggestion: The last wall ends facing 6:00. Step-Pivot 1/2L to the front. (12:00)

(updated: 24/Jan/24)
