

Maniac

拍数: 32 墙数: 4 级数: Beginner
编舞者: Astrid Kaeswurm (DE) - January 2025
音乐: Maniac - Michael Sembello



Tag: 8 Counts After Wall 6

Start after 32 Counts

[1 – 8] Heel Struts FWD (R/L), 4 Steps Back

1, 2 touch R heel on the floor forward, put down R foot
3, 4 touch L heel on the floor forward, put down L foot
5, 6 step back R, step back L
7, 8 step back R, step back L

[9 – 16] Rock Step Back, 3 Times ¼ Turn L

1, 2 step back R, weight change to L
3 – 4 step R forward, ¼ turn L, weight change to L
5 – 6 step R forward, ¼ turn L, weight change to L
7 – 8 step R forward, ¼ turn L, weight change to L

[17 – 24] Diagonal Slow Shuffle FWD (R/L)

1 - 3 step R diagonal forward, close L to R, step R diagonal forward
4 touch L to R
5 – 7 step L diagonal forward, close R to L, step L diagonal forward
8 touch R to L

[25 – 32] Jazz Triangle with Toe Struts

1, 2 cross R over L and touch tooth to the floor, put R foot down
3, 4 touch L tooth back, put L foot down
5, 6 touch R tooth R side, put foot down
7, 8 close L to R and touch tooth, put foot down

Tag Wall 6

1 – 8 Repeat Jazz Triangle with Toe Struts (Count 25 – 32)

www.linedance-trainer.de astrid@kaeswurm.de