

# Demolition Man

拍数: 64      墙数: 4      级数: Improver  
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音乐: Demolition Man - Manfred Mann's Earth Band



Start at vocals OR after 16 counts.

## Section 1: TOESTRUT FORWARD, ROCKING CHAIR AND HOLD

1-4            Right foot forward toe-heel, left foot forward toe-heel  
5-8            Step right foot forward, step down on left foot, step right foot backward, hold.

## Section 2: SIDE TOGETHER SIDE KICK, SIDE TOGETHER SIDE TOUCH

1-4            Step left to left side, step right beside left, step left to left and kick right foot diagonally  
5-8            Step right to right, step left beside right, step right to right and touch left next to right.

## Section 3: TOESTRUT BACKWARD, ROCKING CHAIR AND HOLD

1-4            Left foot backward toe-heel, right foot backward toe-heel  
5-8            Step left foot backward step down on right foot, step left foot forward, hold.

## Section 4: SIDE TOGETHER SIDE KICK, SIDE TOGETHER SIDE TOUCH

1-4            Step right to right, step left beside right, step right to right and kick left foot diagonally  
5-8            Step left to left side, step right beside left, step left to left and touch right next to left.

## Section 5: SHUFFLE FORWARD AND HOLD, STEP TURN STEP AND HOLD

1-4            Step right forward, step left next to right, step right forward, hold  
5-8            Step left forward, turn  $\frac{1}{2}$  right, step left forward, hold.

## Section 6: $\frac{3}{4}$ TURN AND HOLD, SHUFFLE FORWARD AND HOLD

1-4            Turn  $\frac{1}{4}$  right stepping forward on right, hold, turn  $\frac{1}{2}$  right stepping back on left foot, hold  
5-8            Step right forward, step left next to right, step right forward, hold.

## Section 7: WEAVE WITH TOUCH, WEAVE WITH $\frac{1}{4}$ TURN AND TOUCH,

1-4            Step left to left, right behind left, left to left, touch right next to left  
5-8            Step right to right, left behind right, turn  $\frac{1}{4}$  right and touch left beside right.

## Section 8: $\frac{3}{4}$ TURN AND HOLD, SHUFFLE FORWARD AND HOLD

1-4            Turn  $\frac{1}{4}$  left stepping forward on the left, hold, turn  $\frac{1}{2}$  left stepping back on right foot, hold  
5-8            Step left forward, step right next to left, step left forward, hold.

From the beginning I put in a restart, but when I taught it we missed it and found out that it works perfectly, so just keep on dancing.....