

Mini-Maniac

COPPER KNOB
STEPSHETS

拍數: 24 牆數: 2 級數: Improver
編舞者: Michael Lynn (UK) - November 2007
音樂: Maniac - Måns Zelmerlöw : (Album: Stand By For...)



Intro:(64 counts, 150bpm)

RIGHT TOE STRUT, LEFT TOE STRUT, STEP, PIVOT 1/2 TURN LEFT, RIGHT TOUCH

1-2 Step right toe forward, drop right heel,
3-4 Step left toe forward, drop left heel,
5-6 Step forward right, pivot 1/2 turn left,
7-8 Touch forward right, hold count 8.(keep weight on left).

STEP-TOUCH FORWARD & BACK, STEP-SIDE TOUCHES

1-2 Step forward right, touch left beside right heel,
3-4 Step back left, touch right beside left toe,
5-6 Step right to right side, touch left beside right,
7-8 Step left to left side, touch right beside left.

STYLING: Optional shimmys can be added to all counts..

GRAPEVINE RIGHT, LEFT JAZZ BOX

1-2 Step right to right side, cross left behind right,
3-4 Step right to right side, touch left beside right,
5-6 Cross left over right, step back on right,
7-8 Step left to left side, touch right beside left.

Begin again.

CHOREOGRAPHER'S NOTE'S

COUNTRY TRACK

Alt Music: "The World" by Brad Paisley (48 count intro, 176bpm)
Album: "Time Well Wasted" by Brad Paisley

ALT POP TRACK

Alt Music: "This Old House" by Shakin' Stevens (16 count intro, 190bpm)
Album: "Greatest Hits" by Shakin' Stevens

ALT POP TRACK

Alt Music: "Maniac" by Michael Sembello (64 count intro, 150bpm)
Album: "Flashdance" by Original Soundtrack
