

Demolition Man

拍數: 64 牆數: 4 級數: Improver
編舞者: Louise Elfvengren (NOR) - February 2009
音樂: 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.....