Demolition Man



Count: 64 Wall: 4 Level: Improver

Choreographer: Louise Elfvengren (NOR) - February 2009

Music: 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

Step left to left side, step right beside left, step left to left and kick right foot diagonally
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

Step right to right, step left beside right, step right to right and kick left foot diagonally 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 ½ right, step left forward, hold.

Section 6: 3/4 TURN AND HOLD, SHUFFLE FORWARD AND HOLD

1-4 Turn ¼ right stepping forward on right, hold, turn ½ 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 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 ¼ right and touch left beside right.

Section 8: 3/4 TURN AND HOLD, SHUFFLE FORWARD AND HOLD

1-4 Turn ¼ left stepping forward on the left, hold, turn ½ 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.....