Demolition Man



Compte: 64 Mur: 4 Niveau: Phrased Intermediate

Chorégraphe: Alan Birchall (UK) & Jacqui Jax (UK) - February 2018

Musique: Demolition Man - The Cadillac Three : (CD: Legacy - The Cadillac Three)



** Released at 'Legends' Scotland

Sequence: A B B A(16) A(24) B B A B B

Start: On Lyrics Seconds: 10 Counts: 16 BPM: 105

PART 'A'

A1: SIDE, BEHIND, 1/4 TURN, STEP 1/2 PIVOT, STEP, KICK BALL STEP

1-2 Step Right To Right, Cross Left Behind Right

3-4
¼ Turn Right Stepping Right To Right, Step Forward On Left 03:00
5-6
½ Pivot Turn Right (Weight On Right) Step Forward On Left 09:00
Kick Right Foot Forward, Step Right By Left, Step Forward On Left

A2: ROCK, RECOVER, COASTER STEP, STEP ½ PIVOT, FULL TRIPLE TURN

9-10 Rock Forward On Right, Recover On Left

11&12 Step Back On Right, Step Left By Right, Step Forward On Right
13-14 Step Forward On Left, ½ Pivot Turn Right (Weight On Right) 03:00

15&16 Full Triple Turn Right Stepping Left, Right, Left (Alt: Left Shuffle Forward)

Restart Here: During 2nd 'A' Facing 12:00

A3: RIGHT & LEFT DIAGONAL SHUFFLES, JAZZ BOX, CROSS

Step Right To Right Diagonal, Step Left By Right, Step Right To Right Diagonal

19&20 Step Left To Left Diagonal, Step Right By Left, Step Left To Left Diagonal

21-22 Cross Right Over Left, Step Back On Left23-24 Step Right To Right, Cross Left Over Right

During 3rd 'A' Start Part 'B' Here Facing 03:00

A4: POINT, CROSS, POINT, CROSS, 1/2 MONTEREY TURN, STOMP

25-26 Point Right To Right, Cross Right Over Left 27-28 Point Left To Left, Cross Left Over Right

29-30 Point Right To Right, Making ½ Turn Right Step Right By Left

31-32 Point Left To Left, Stomp Left By Right 09:00

PART 'B' (x2)

B1: SIDE SHUFFLE, ROCK BACK, RECOVER X2

33&34 Step Right To Right, Step Left By Right, Step Right To Right

35-36 Rock Back On Left, Recover On Right

37&38 Step Left To Left, Step Right By Left, Step Left To Left

39-40 Rock Back On Right, Recover On Left

B2: SYNCOPATED SIDE ROCK, RECOVER, SIDE ROCK RECOVER, 1/4 SAILOR TURN, FULL TURN

41-42& Rock Right To Right, Recover On Left, Step Right By Left

43-44 Rock Left To Left, Recover On Right

45&46 ¼ Turn Left Sweeping Left Behind Right, Step Right To Right, Step Left In Place 06:00 47-48 ½ Turn Left, Stepping Back On Right, Make ½ Turn Left Step Forward On Left (Alt: Walk

Forward x2)

B3: STEP 1/4 PIVOT, CROSS SHUFFLE, SIDE, BEHIND, SYNCOPATED WEAVE

49-50	Step Forward On Right, ¼ Pivot Left 03:00
51&52	Cross Right Over Left, Step Left To Left, Cross Right Over Left,
53-54&	Step Left To Left, Right Behind Left, Step Left To Left,
55&56&	Right Over Left, Step Left To Left, Right Behind Left, Step Left To Left

B4: CROSS ROCK, RECOVER, SIDE SHUFFLE, JAZZ BOX, TOUCH

57-58 Cross Rock Right Over Left, Recover On Left

59&60 Step Right To Right, Step Left By Right, Step Right To Right

61-62 Cross Left Over Right, Step Back On Right 63-64 Step Left, Touch Right By Left

Dance Finishes Here: Facing 12:00

START AGAIN

Email: alan@alanbirchall.com - Website: http://www.alanbirchall.com