

Demolition Woman

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Christina May (UK) - July 2012
音乐: Demolition Woman - Sanna Nielsen : (Album: I'm In Love)



(Start 32 counts in on vocals)

[1-8] REVERSE L MAMBO, STEP ½ TURN STEP, TRIPLE FULL TURN R, STEP ¼ CROSS

1&2 Rock back L, recover, step forward L
3&4 Step forward on R, pivot ½ turn left, step forward on R
5&6 Turn ½ right stepping back on L, turn ½ right stepping forward on R, step forward L
7&8 Step forward R, pivot ¼ turn left, cross R over L

[9-16] WEAVE L, ROCK & CROSS, WEAVE R, ROCK & CROSS

1&2& Step L to left side, R behind L, L to left side, cross R over L
3&4 Rock L to left side, recover, cross L over R
5&6& Step R to right side, L behind R, R to right side, cross L over R
7&8 Rock R to right side, recover, cross R over L

*(RESTART WALL 6)

[17-24] L ROCK ¼ TURN TO R STEP L FORWARD, TRIPLE FULL TURN, RUMBA BOX

1&2 Rock forward L, pivot ¼ right recovering on R, step forward L
3&4 ½ turn left stepping back on R, ½ turn left stepping forward on L, step forward R
5&6 Step L to left side, slide R to L, step forward L
7&8 Step R to right side, slide L to R, step back R

*(RESTART WALL 5)

[25-32] WEAVE L, ROCK & CROSS, WEAVE R, ROCK & CROSS

1&2& Step L to left side, R behind L, L to left side, cross R over L
3&4 Rock L to left side, recover, cross L over R
5&6& Step R to right side, L behind R, R to right side, cross L over R
7&8 Rock R to right side, recover, cross R over L

[33-40] ¼ SHUFFLE L, STEP ½ TURN STEP, TRIPLE TURN R, R ROCK & CROSS

1&2 Step L to left side, R together, make ¼ turn left stepping L forward
3&4 Step R forward, pivot ½ turn left, step R forward

*(RESTART WALL 2)

5&6 ½ turn right stepping back on L, ½ turn right stepping forward on R, step forward L
7&8 Rock R to right side, recover, cross R over L (moving forward)

[41-48] L ROCK & CROSS, R FORWARD MAMBO, L BACK LOCK BACK, PIGEON TOES TO R, KICK L

1&2 Rock L to left side, recover, cross L over R (moving forward)
3&4 Rock forward R, recover, step back R
5&6 Step back on L, lock R over L, step back on L
7&8& Swivel toes in (heels out), swivel heels in (toes out), swivel toes in (heels out) moving to the right as you do these, then take weight on R and kick L to left diagonal ready to start again.

*Restarts:-

Wall 2 After Count 36

Wall 5 After Count 24

Wall 6 After Count 16

Ending: Rock L To L Side, Rec, Cross L Over R, Unwind ¼ Turn Right To Front Wall

