DEMOLITION MAN

Released at 'Legends' Scotland

Choreographers: Alan G Birchall & Jacqui Jax (Nuline Dance)

Level: Phrased Intermediate **Dance:** 4 Wall **Counts:** 64

Sequence: A B B A(16) A(24) B B A B B **Music:** Demolition Man - The Cadillac Three

CD: Legacy - The Cadillac Three

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

PART 'A

SIDE, BEHIND, ¼ TURN, STEP ½ 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
5-6 ½ Pivot Turn Right (Weight On Right) Step Forward On Left
788 Kick Right Foot Forward, Step Right By Left, Step Forward On Left

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

9-10 Rock Forward On Right, Recover On Left

Step Back On Right, Step Left By Right, Step Forward On Right
Step Forward On Left, ½ Pivot Turn Right (Weight On Right)

15&16 Full Triple Turn Right Stepping Left, Right, Left Alt: Left Shuffle Forward Restart Here: During 2nd 'A' Facing 12:00

RIGHT & LEFT DIAGONAL SHUFFLES, JAZZ BOX, CROSS

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

21-22 Cross Right Over Left, Step Back On Left

23-24 Step Right To Right, Cross Left Over Right During 3rd 'A' Start Part 'B' Here Facing 03:00

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

25-26 Point Right To Right, Cross Right Over Left27-28 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)

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

SYNCOPATED SIDE ROCK, RECOVER, SIDE ROCK RECOVER, ¼ 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

STEP $\frac{1}{4}$ 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

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 Right63-64 Step Left To Left, Touch Right By Left

Dance Finishes Here: Facing 12:00

START AGAIN

Dance Sheet Prepared By: Alan G. Birchall D&G and BWDA Fully Qualified Instructor











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