

## Mini-maniac

24 count, 2 wall, improver level

Choreographer: Michael Lynn (UK) Nov 2007

Choreographed to: Maniac by Måns Zelmerlöv,

Album: Stand By For... by Måns Zelmerlöv (150 bpm)

---

64 count intro

### **RIGHT TOE STRUT, LEFT TOE STRUT, STEP, PIVOT 1/2 TURN LEFT, RIGHT TOUCH**

- 1-2 Step right toe forward, drop right heel,
- 3-4 Step left toe forward, drop left heel,
- 5-6 Step forward right, pivot 1/2 turn left,
- 7-8 Touch forward right, hold count 8 (keep weight on left).

### **STEP-TOUCH FORWARD & BACK, STEP-SIDE TOUCHES**

- 1-2 Step forward right, touch left beside right heel,
- 3-4 Step back left, touch right beside left toe,
- 5-6 Step right to right side, touch left beside right,
- 7-8 Step left to left side, touch right beside left.

STYLING: Optional shimmys can be added to all counts..

### **GRAPEVINE RIGHT, LEFT JAZZ BOX**

- 1-2 Step right to right side, cross left behind right,
- 3-4 Step right to right side, touch left beside right,
- 5-6 Cross left over right, step back on right,
- 7-8 Step left to left side, touch right beside left.

### **COUNTRY TRACK**

Alt Music: "The World" by Brad Paisley (*48 count intro, 176bpm*)

Album: "Time Well Wasted" by Brad Paisley

### **ALT POP TRACK**

Alt Music: "This Old House" by Shakin' Stevens (*16 count intro, 190bpm*)

Album: "Greatest Hits" by Shakin' Stevens

### **ALT POP TRACK**

Alt Music: "Maniac" by Michael Sembello (*64 count intro, 150bpm*)

Album: "Flashdance" by Original Soundtrack

---

Music download available from <http://scandinavian-and-nordic-music.com/>