



## Chase Your Demons



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48 Count 4 Wall Improver Level Dance.

Choreographed by: Ryan King (UK) & Alexis Strong (UK) Jan 2026  
Choreographed to: (Chase Your) Demons by Adam Harding  
Intro: 54 Counts. Start at approx 30 secs.

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Remember to Vote for your favourite dances in the Linedancer Charts.

**SEC 1 FORWARD SIDE TOGETHER, BACK SIDE TOGETHER, TWINKLE, CROSS WEAVE**

1-2-3 Step forward L, step R to R side, step L next to R  
4-5-6 Step back R, step L to L side, step R next to L  
1-2-3 Cross L over R, rock R to R side, recover onto L  
4-5-6 Cross R over L, step L to L side, step R behind L

**SEC 2 ¼ FORWARD BASIC, BACK BASIC, ¼ MONTEREY**

1-2-3 Make ¼ L stepping forward L, step R next to L, step L in place (9:00)  
4-5-6 Step back R, step L next to R, step R in place

**Restart** Here on Wall 2

1-2-3 Step forward L, point R to R side, hold  
4-5-6 Make ¼ R stepping onto L, point L to L side, hold (12:00)

**SEC 3 ½ DIAMOND**

1-2-3 Cross L over R, make ¼ L stepping R to R side, step back L (9:00)  
4-5-6 Step back R, step L to L side, step R next to L  
1-2-3 Make ¼ L stepping forward L, step R next to L, step L next to R (6:00)  
4-5-6 Step back R, step L next to R, step R in place

**Restart** Here on Wall 5

**SEC 4 STEP KICK KICK, BACK ROCK, CROSS WEAVE, ¼ STEP, STEP, PIVOT ½**

1-2-3 Step forward L, kick R foot twice  
4-5-6 Step back R, rock back L, recover onto R  
1-2-3 Cross R over L, step R to R side, step L behind R  
4-5-6 Make ¼ R stepping onto R, step forward L, make ½ R stepping onto R (3:00)



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Email: [scripts@linedancerweb.com](mailto:scripts@linedancerweb.com)