

Cranked Up

Count: 32

Wand: 4

Ebene:

Choreograf/in: JR Landry (UK) - January 2017

Musik: Crank It Up - Colt Ford



Kick R - Touch L, Kick L - Touch R, Step R 1/2 Turn L, Coaster LRL

- 1&2 Kick right foot forward, step on right, touch left foot back
- 3&4 Kick left foot forward, step on left, touch right foot back
- 5,6 Step forward with right foot, pivot left (leaving weight on your right foot)
- 7&8 Coaster step left right left

Shuffle foward x2 (RLR, LRL), Sailor step x2 (RLR, LRL)

- 1&2 Shuffle forward right left right
- 3&4 Shuffle forward left right left
- 5&6 Sailor step right left right
- 7&8 Sailor step left right left

Twist R, Twist L 1/4 turn L, Kick-ball change R, Bump step R, Bump step L

- 1,2 Staying on the balls of your feet, twist right (heels moving out left), twist left (heels moving out right), turning 1/4 turn left
- 3&4 Kick right foot forward, step on the ball of your right foot, transfer weight to left foot
- 5&6 Walk forward with right, bump hips right x2
- 7&8 Walk forward with left, bump hips left x2

Bump step R, Bump step L, Step R 1/2 L, Walk RL

- 1&2 Walk forward with right, bump hips right x2
- 3&4 Walk forward with left, bump hips left x2
- 5,6 Step forward right, 1/2 turn left
- 7,8 Walk forward right, walk forward left

END

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