

# Cinch - Up

Count: 40

Wand: 4

Ebene: Intermediate

Choreograf/in: Roger Fisher (USA)

Musik: Crumblin' Down - John Cougar Mellencamp



## 2 SAILORS STEPS, 2 KICK BALL CHANGES

- 1 Swing and step right foot behind left foot
- & Step home on the left foot
- 2 Step right foot next to left foot
- 3 Swing and step left foot behind right foot
- & Step home on the right foot
- 4 Step left foot next to right foot
- 5 Kick right foot forward
- & Step right foot next to left foot
- 6 Transfer weight to left foot
- 7 Kick right foot forward
- & Step right foot next to left foot
- 8 Transfer weight to left foot

## FORWARD SHUFFLE, ROCK STEPS, ½ TURN SHUFFLE, POINT CROSS

- 1 Step right foot forward
- & Step left next to right
- 2 Step right foot forward
- 3 Rock forward on left foot
- 4 Rock back on right foot
- 5 Step left foot ¼ turn to the left
- & Step right foot next to left foot
- 6 Step left foot ¼ turn to the left
- 7 Point right toe out to the right side (keeping weight on left foot)
- 8 Cross step right foot over left foot

## POINT TOGETHER, LEFT FOOT SWIVELS, KICK BALL CHANGE

- 1 Point left toe out to the left side (keeping weight on right foot)
  - 2 Step left foot next to right foot
  - 3 Swivel left toes to the right
  - 4 Swivel left heels to the right
  - 5 Swivel left toes to the right
  - 6 Swivel left heels to the right
- Keep weight on left foot during counts 3-6**
- 7 Kick right foot forward
  - & Step right foot next to left foot
  - 8 Transfer weight to left foot

## CROSS UNWIND, CROSS SHUFFLE, ROCK STEPS, ¾ TURN SHUFFLE

- 1 Cross touch right foot over left foot
- 2 Unwind ½ turn to the left (keeping weight on right foot)
- 3 Cross step left foot over right foot
- & Small step to right on right foot
- 4 Cross step left foot over right foot
- 5 Rock step to the right on right foot
- 6 Rock step back to the left on the left foot

- 7 Step ¼ turn to right on right foot
- & Step left foot next to right foot
- 8 Step ½ turn to right on right foot

**SHUFFLE, POINT CROSS, POINT TOGETHER, HIP, HIP**

- 1 Step left foot forward
- & Step right foot next to left foot
- 2 Step left foot forward
- 3 Point right toe out to the right side
- 4 Cross step right foot over left foot
- 5 Point left toe to the left side
- 6 Step left foot next to right foot
- 7 Hip thrust forward (snapping fingers)
- 8 Hip thrust forward (snapping fingers)

**REPEAT**

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