

# Cranky (蓄勢待發) (zh)

COPPER KNOB  
BY STEPHEN BRETZ

Count: 32

Wall: 4

Level: Improver

Choreographer: Robbie McGowan Hickie (UK) - 2009年06月

Music: Crank It Up - Ashley Tisdale : (CD: Guilty Pleasure)



前奏 : 32 Count intro 32拍後起跳

**第一段 Side Step Left. Right Sailor with Hitch. & Cross. 1/4 Turn Left. Side Step Left. Right Cross Shuffle.**  
左踏, 右水手帶抬, 併交叉, 左1/4 左踏, 交叉交換

1 左 Step Left to Left side. 左足左踏

2&3 水手 Cross Right behind Left. Step Left to Left side. Hitch Right knee up. 右足於左足後交叉踏, 左足左踏, 右膝抬

8&4 併跨 Step ball of Right beside Left. Cross step Left over Right.  
右足併踏, 左足於右足前交叉踏

5-6 左90 Make 1/4 turn Left stepping back on Right. Step Left to Left side.  
左轉90度右足後踏, 左足左踏

7&8 交叉 Cross step Right over Left. Step Left to Left side. Cross step Right over Left. (Facing 9 o'clock)  
交換 右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏(面向9點鐘)

**第二段 Side Rock and 1/4 Turn Right with Cross. 2 x Prissy Walks Forward. Right Mambo 1/2 Turn Right. Step Forward Left. 1/2 Turn Left.**  
側下沉右轉1/4交叉, 交叉走步二次, 右轉曼波, 左前踏, 左1/2

1& 左下沉 Rock Left out to Left side. Recover weight on Right making 1/4 turn Right. 左足左下沉, 右足回復右轉90度  
右90

2 跨走 Cross step Left Forward over Right. (Facing 12 o'clock)  
左足於右足前交叉踏 ( 面向12點鐘 )

3-4 跨走跨走 Cross step Right Forward over Left. Cross step Left Forward over Right. 右足於左足前交叉踏, 左足於右足前交叉踏

5&6 曼波 Rock forward on Right. Rock back on Left. Make 1/2 turn Right stepping forward on Right. 右足前下沉, 左足後下沉, 右轉180度右足前踏

7-8 踏轉 Step forward on Left. Make 1/2 turn Left stepping back on Right. (Facing 12 o'clock) 左足前踏, 左轉180度  
右足後踏(面向12點鐘)

**Note:** To keep to the phrasing of the music ... A RESTART is needed DURING Wall 4 (Facing 3 o'clock), Dance up to Count 16 ... Then Restart the dance again from the Beginning (Facing 3 o'clock)

第四面牆(面向3點鐘), 跳至第16拍, 面向3點鐘, 從頭起跳

**第三段 Left Sailor Cross 1/4 Turn Left. Chasse Right. Back Rock. Triple 3/4 Turn Right.** 左1/4水手交叉, 右追步, 後下沉, 右小三步轉3/4

1&2 左90 Sweep/Cross Left behind Right making 1/4 turn Left. Step Right beside Left. Cross step Left over Right.  
水手 左足向左足後繞並左轉90度, 右足併踏, 左足於右足前交叉踏

3&4 右追 Step Right to Right side. Close Left beside Right. Step Right to Right side. (Facing 9 o'clock) 右足右踏, 左足併踏, 右足右踏(面向9點鐘)  
步

5-6 後下沉回復 Rock back Left behind Right. Rock forward on Right.  
左足於右足後交叉下沉, 右足前下沉

7& 右90 180 Make 1/4 turn Right stepping back on Left. Make 1/2 turn Right stepping forward on Right. 右轉90度左足後踏, 右轉180度右足前踏

8 前 Step forward on Left. (Facing 6 o'clock) 左足前踏(面向6點鐘)

**第四段 Step Forward. Left Mambo Forward. Right Shuffle 1/2 Turn Right. Mambo 1/4 Turn Left. Cross.**  
前踏, 左前曼波, 右1/2轉交換, 左轉1/4曼波, 交叉

1 前 Step forward on Right. 右足前踏

- 2&3 前曼  
波 Rock forward on Left. Rock back on Right. Step back on Left.  
左足前下沉, 右足後下沉, 左足後踏
- 4&5 轉交  
換 Right shuffle making 1/2 turn Right stepping Right. Left. Right. (Facing 12 o'clock) 右180度轉交換-右, 左,  
右(面向12點鐘)
- 6&7 曼波  
轉90 Rock forward on Left. Rock back on Right. Make 1/4 turn Left stepping Left to Left side. 左足前下沉, 右足  
後下沉, 左轉90度左足左踏
- 8 跨 Cross step Right over Left. (Facing 9 o'clock)  
右足於左足前交叉踏(面向9點鐘)
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