

Crank It

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Dee Musk (UK) - November 2016
音乐: Crank It (feat. Nadia Rose & Sweetie Irie) - Kideko & George Kwali : (Single)



#8 Count Intro. Approx 4 seconds – ‘Start on the word Umm’ - Track approx 2 mins 48 secs BPM 128
Track available from [iTunes.co.uk](https://www.itunes.com/track/123456789)

Step, Paddle ½ Turn R, Step, Paddle ½ Turn L.

1-4 Step forward on R, paddle ½ turn R touching L toe to L side on 2,3,4.
5-8 Step forward on L, paddle ½ turn L touch R toe to R side on 6,7,8. □(12 o'clock).

R Samba, L Samba, Cross ½ Turn R, Point.

1&2 Cross R over L, rock L to L side, recover weight to R.
3&4 Cross L over R, rock R to R side, recover weight to L.
5-8 Cross R over L, make ¼ turn R stepping back on L, make ¼ turn R stepping R to R side,
point L toe to L side. □(6 o'clock).

***Restart/Taglet here during walls 2 & 9, step L beside R - begin again facing 3 o'clock wall.**

Knee Pop/Dip, Recover, Close Flick, Cross, Hip Bumps L, R, L. ¾ Turn R.

1,2 Place weight on L whilst bending/dipping R knee in towards L leg, replace weight to R.
3,4 Step L beside R and flick R to R side, cross R over L.
5&6 Step L to L side and bump hips L, R, L.
7,8 Make ¼ turn R stepping forward on R, spin ½ turn R stepping L beside R (3 o'clock).

Out Out, Hold, & Cross, ½ Turn L, Side, Hip Bumps L, R, L.

&1,2 Step out R, step out L, hold count 2.
&3 Step R beside L, cross L over R.
4-6 Make ¼ turn L stepping back on R, make ¼ turn L stepping L to L side, step R to R side.
7&8 Bump hips L, R, L. □(9 o'clock).

***Restart during walls 2 & 9, dance up to and including count 16 – then add a Taglet - stepping L beside R - begin again facing 3 o'clock.**

Optional ending: You will be facing 9 o'clock wall, dance up to and including count 12 – then - Cross step R over L, make ¼ turn R stepping back on L, step R to R side, step L to L and pop R knee in towards L.

Enjoy

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