

Crazy For Yah

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Ron Tate (UK) - February 2017
音乐: Long Distance - Melanie Amaro : (CD: Single - iTunes & amazon)



Count in:- Dance start on vocals

Tags/Restarts: Restart during Wall 3 + Tag/Restart during Wall 6 - both after count 32

S1: Walk Forward (x2), Mambo, Walk Back (x2), Coaster

1 - 2 WALK FORWARD (R), WALK FORWARD (L)
3 & 4 ROCK FORWARD (R), ROCK BACK (L) & STEP (R) next to (L)
5 - 6 WALK BACK (L), WALK BACK (R)
7 & 8 STEP BACK (L), STEP (R) next to (L), STEP FORWARD (L)

S2: Side Rocks, Behind, Side, Cross, Side Rocks, Sailor ¼ Turn

1 - 2 SIDE ROCK (R), SIDE ROCK (L)
3 & 4 CROSS (R) behind (L), STEP (L) to SIDE, CROSS (R) over (L)
5 - 6 SIDE ROCK (L), SIDE ROCK (R)
7 & 8 CROSS (L) behind (R) making ¼ TURN (L), STEP (R) to SIDE, STEP (L) in PLACE - 9 o'clock

S3: Rock Steps, Full Turn (or) Coaster, Rock Steps, Shuffle ½ Turn

1 - 2 ROCK FORWARD (R), ROCK BACK (L)
3 & 4 FULL SHUFFLE TURN (R) stepping (R L R) or COASTER STEP (R L R)
5 - 6 ROCK FORWARD (L), ROCK BACK (R)
7 & 8 SHUFFLE ½ TURN (L) stepping (L R L) 3 o'clock

S4: Step, Turn, Chasse, Cross Rocks, Coaster

1 - 2 STEP FORWARD (R), PIVOT ¼ TURN (L) □ 6 o'clock
3 & 4 STEP (R) to SIDE, STEP (L) next to (R), STEP (R) to SIDE
5 - 6 CROSS ROCK (L) over (R), ROCK BACK (R)
7 & 8 STEP BACK (L), STEP (R) next to (L), STEP FORWARD (L)

RESTART During WALL 3 facing 6 o'clock & TAG/RESTART during WALL 6 facing 12 o'clock

NB. □ Dance will finish at this point facing the front wall

S5: Walk Forward (x2), Kick-Ball Step, Step, Turn, Cross Shuffle

1 - 2 WALK FORWARD (R), WALK FORWARD (L)
3 & 4 KICK (R) FOOT FORWARD, STEP DOWN (R) & STEP FORWARD (L)
5 - 6 STEP FORWARD (R), PIVOT ¼ TURN (L) □ 3 o'clock
7 & 8 CROSS (R) over (L), STEP (L) to SIDE, CROSS (R) over (L)

S6: Step, Turn, Shuffle, Full Turn (or) 2x Walks, Shuffle

1 - 2 STEP (L) to SIDE, HINGE ¼ TURN (R) stepping (R) to SIDE □ - 6 o'clock
3 & 4 STEP FORWARD (L), STEP (R) next to (L), STEP FORWARD (L)
5 STEP FORWARD (R) making ½ TURN (L) keeping weight BACK (R) 12 o'clock
6 On ball of (R) PIVOT ½ TURN (L) stepping FORWARD (L) 6 o'clock
7 & 8 STEP (R) FORWARD, STEP (L) next to (R), STEP (R) FORWARD

S7: Rock Steps, Step Back & Back, Step Back, Coaster

1 - 2 ROCK FORWARD (L), ROCK BACK (R)
& 3 - 4 STEP BACK (L) & STEP BACK (R), STEP BACK (L)
5 & 6 STEP BACK (R), STEP (L) next to (R), STEP FORWARD (R)

7 - 8 STEP FORWARD (L), PIVOT $\frac{1}{4}$ TURN (R) □ 9 o'clock

S8: Cross Shuffle, Syncopated Vine, Sailor $\frac{1}{4}$ Turn

1 & 2 CROSS (L) over (R), STEP (R) to SIDE, CROSS (L) over (R)

3 - 4 STEP (R) to SIDE, CROSS (L) behind (R)

& 5 - 6 STEP (R) to SIDE & CROSS (L) over (R), STEP (R) to SIDE

7 & 8 CROSS (L) behind (R) making $\frac{1}{4}$ TURN (L), STEP (R) to SIDE, STEP (L) in PLACE - 6 o'clock

[1 - 4] □ TAG: □ STEP FORWARD (R), PIVOT $\frac{1}{2}$ TURN (L), STEP FORWARD (R), PIVOT $\frac{1}{2}$ TURN (L)

REPEAT STEPS

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