

Crucified

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Rob Fowler (ES) & Helen O'Malley (IRE) - September 2017
音乐: Crucified - Bella & Filippa



Intro: on vocals - Count: 8 (approx. 4 secs) - bpm: 112
Tag & Restart - Wall 5

[1-8] Rock, Recover & Heel, Hold, ¼ Turn R& Cross, Hold, Side L& Heel, Hold

1,2&3,4 Rock fwd R, recover weight on L, step R next to L, touch L heel fwd, hold (& click fingers at shoulder height with arms crossed)
&5,6 Make ¼ turn R stepping L next to R, cross R over L, hold (& click fingers by your side)
&7,8 Step L to L side, touch R heel fwd, hold (& click fingers at shoulder height) (3 o'clock)

[9-16] & Cross L, Side R, Behind-Side-Cross, Side Rock, ¼ Turn L, R Shuffle

&1,2 Step R next to L, cross L over R, step R to R side
3&4 Step L behind R, step R to R side, cross L over R
5,6 Rock R to R side, make ¼ turn L recovering weight on L
7&8 Step fwd R, step L next to R, step fwd R(12 o'clock)

TAG: During Wall 5, dance up to here, do the Tag below, then Restart

[17-24] Step L, Full Spiral R, R Shuffle, Step L, ¼ Turn R, Cross L, Point R

1,2 Step fwd L, make a full spiral turn R (weight on L)
3&4 Step fwd R, step L next to R, step fwd R
5,6,7,8 Step fwd L, pivot ¼ turn R, cross L over R, point R to R side(*) (3 o'clock)
(*Optional note for count 8: during the chorus, cross arms at shoulder height)

[25-32] R Sailor, L Behind, Full Unwind, Side Rock, Recover, R Cross & Heel, Step R

1&2 Cross R behind L, step L to L side, step R to R side
3,4,5,6 Cross L behind R, unwind full turn L (keep weight on L), rock R to R side, recover weight on L
7&8& Cross R over L, step L to L side, touch R heel fwd, step R next to L (3 o'clock)

[33-40] Cross L, Side R, L Sailor, Cross R, ½ Turn R, Chasse R

1,2,3&4 Cross L over R, step R to R side, cross L behind R, step R to R side, step L to L side
5,6 Cross R over L, make ¼ turn R stepping back L
7&8 Make another ¼ turn R stepping R to R side, step L next to R, step R to R side (9 o'clock)

[41-48] Cross Rock, Recover, Chasse ¼ L, ¾ Turn L Walking R,L,R,L

1,2 Cross rock L over R, recover weight on R
3&4 Step L to L side, step R next to L, make ¼ turn L stepping forward L
5,6,7,8 Make a ¾ turn L walking R, L, R, L (9 o'clock)

Start again

**TAG: During Wall 5 only, add the following 4 count tag(facing 12 o'clock) then RESTART the dance:
L Jazz Box, Touch R**

1,2,3,4 Cross L over R, step back R, step L to L side, touch R next to L