

Crash Test

拍数: 68 墙数: 2 级数: Phrased Improver
编舞者: Isabelle Guimiot (CAN) - April 2023
音乐: Mmm Mmm Mmm Mmm - Crash Test Dummies



Intro: 16 counts.

Sequence: AB AB BA (22 counts) AB BA tag B

Part A: 52 counts

[1 - 8] Cross rock, triple right, cross rock, triple ¼ turn left.

- 1 2 Cross R over L, recover L (12:00)
- 3 & 4 Step R to R, step L together, step R to R (12:00)
- 5 6 Cross L over R, recover R (12:00)
- 7 & 8 Step L to L, step R together, open ¼ turn left and step fwd L (9:00)

[9 - 16] Vine right with heel jack, ¼ turn left triple fwd, cross triple.

- 1 2 Step R to R, step L behind R (9:00)
- & 3 & 4 Step R to R, heel L diagonal, L beside R, cross R over L (9:00)
- 5 & 6 Open ¼ turn left, step L fwd, step R together, step L fwd (6:00)
- 7 & 8 Cross R over L, step L to L, cross R over L (6:00)

[17 - 24] ¼ turn left, step fwd, step ¼ turn left, cross, step side, touch, kick ball change.

- 1 2 ¼ turn left and step L fwd, step R ¼ turn to left, (12:00)
- 3 4 recover L, cross R over L (12:00)
- 5 6 Step L to L, touch R next to L (12:00)

* Restart here the 3rd time you're dancing part A

- 7 & 8 Kick R, step R together, step L together (12:00)

[25 - 32] Step side touch, ¼ turn left and step fwd touch, rolling vine to the right and touch.

- 1 2 Step R to R, touch L next to R (12:00)
- 3 4 ¼ turn left step fwd L, touch R next to L (9:00)
- 5 6 ¼ turn right step fwd R, ½ turn right step L back (6:00)
- 7 8 ¼ turn right step R to R, touch L next to R (9:00)

[33 - 40] Back diagonal step touch x2, kick ball cross, triple to the left.

- 1 2 Step L back left, touch R next to L (9:00)
- 3 4 Step R back right, touch L next to R (9:00)
- 5 & 6 Kick L, ball L, cross R over L (9:00)
- 7 & 8 Step L to L, step R together, step L to L (9:00)

[41 - 48] Coaster step, step ¼ turn, step ¼ turn, step fwd, hold.

- 1 & 2 Step R back, step L together, step R fwd (9:00)
- 3 4 Step L fwd, ¼ turn right (12:00)
- 5 6 Step L fwd, ¼ turn right (3:00)
- 7 8 Step L fwd, hold (3:00)

[49 - 52] Jazz box ¼ turn right

- 1 2 Cross R over L, Step L back (3:00)
- 3 4 ¼ turn right step R to R, step L fwd (6:00)

Part B: 16 counts

[1 - 8] Vine right, rolling vine left, ¼ turn left, triple fwd.

- 1 2 Step R to R, step L behind R (12:00)
- 3 4 Step R to R, touch L next to R (12:00)
- 5 6 $\frac{1}{4}$ turn left step L fwd, $\frac{1}{2}$ turn left step R back (3:00)
- 7 & 8 $\frac{1}{4}$ turn left step L to L, step R together, $\frac{1}{4}$ turn left step L fwd (9:00)

[9 – 16] Cross, behind, $\frac{1}{4}$ turn right, triple fwd, step $\frac{1}{2}$ turn right, triple fwd.

- 1 2 Cross R over L, step L back (9:00)
- 3 & 4 $\frac{1}{4}$ turn right step R fwd, L together, step R fwd (12:00)
- 5 6 Step L fwd $\frac{1}{2}$ turn right, step R fwd (6:00)
- 7 & 8 Step L fwd, step R together, step L fwd (6:00)

Tag: 4 counts, after the last time you dance part A, starting at 6:00

[1 - 4] Jazz box

- 1 2 Cross R over L, step L back (6:00)
- 3 4 Step R to R, step L fwd (6:00)

Enjoy!
