

Ain't Life CRZY

COPPERKNOB
STEPSHEETS

拍数: 64 墙数: 1 级数: Upper Beginner
编舞者: Angie Harriss (AUS) - January 2024
音乐: CRZY - Dallas Smith



Intro: 32 Counts

Point right toe, quarter turn hook, shuffle forward

1-2 Point right toe to right side, hook right foot over left knee turning quarter turn to right (3 o'clock)
3&4 Shuffle forward right left right
5-6 Step forward on left foot, quarter turn to right (6 o'clock)
7&8 Cross shuffle to right side, left right left

K step, shuffle

1-2 Step forward diagonally on right foot, touch left toe beside right foot
3&4 Shuffle back diagonally on left, left, right, left
5-6 Step back diagonally on right foot, touch left toe beside right foot
7&8 Shuffle forward diagonally on left foot, left, right, left (1st tag wall 3)

Step, kick, coaster

1-2 Step forward on your right foot, kick left foot
3&4 Step left foot back, step right foot beside left, step left foot forward
5-6 Step forward on your right foot, kick left foot forward
7&8 Step left foot back, step right foot beside left foot, step left foot forward

Step forward on right, rock back, half turn shuffle, step half turn, shuffle forward left, right left

1-2 Rock forward on right foot, rock back on left foot
3&4 Turning half turn to the right, shuffle forward, right left right (12 o'clock)
5-6 Step forward on your left foot, turning half turn right (6 o'clock)
7&8 Shuffle forward left right left

Forward locks on right and left, scuff

1-2 Step diagonally forward on right foot, lock left foot behind right
3-4 Step diagonally forward on right foot, scuff left heel
5-6 Step diagonally on left foot, lock right foot behind left
7-8 Step diagonally on left foot, scuff right heel (2nd tag wall 4)

Back touches, hips

1-2 Step diagonally back on right foot, touch left toe beside right foot
3-4 Step diagonally back on left foot, touch right toe beside left foot
5-6 Bump hips right, left
7-8 Bump hips right, left

Shuffles, rock back

1&2 Shuffle right foot to right side, right left right
3-4 Rock back on left foot, rock forward on right foot
5-6 Shuffle left foot to left side, left right left
7-8 Rock back on right foot, rock forward on left

Stamp, quarter turn kick, coaster, step quarter turn, shuffle across

1-2 Stamp right foot forward, turn quarter turn right, kick right foot forward

3&4 Step back on right, step left foot beside right foot, step forward on right
5-6 Step forward on left foot, turn quarter turn right (weight on right)
7-8 Shuffle across right foot, left right left

TAG: 4 count tag on wall 3 after 16 counts (k step shuffles)

TAG: 4 count tag On wall 4 after 40 counts (forward locks on right and left)

1-2 Step forward on right foot, turn half turn left (12 o'clock)

3&4 Kick ball change on right foot

Thankyou

Dance your Dance

Angie Harriss
