

Crushin'

拍数: 32 墙数: 2 级数: High Beginner
编舞者: Austin Anderson (USA) - July 2024
音乐: Crushin' (feat. Lawrence) - Meghan Trainor



Two-wall dance (except when restarts occur) High beginner

Start (0:02)- on the first piano downbeat. (You could wait until 0:18 to start, but with the song being so short, I advise people to begin at the first downbeat).

****Restarts on walls 3 and 6 (pre-chorus). See the bottom of the document****

[1-8]: Cross, Point Cross, Point | Back, Point | Back, Point

1,2 RF cross over L (1), point LF to Left (2)
3,4 LF cross over R (3), point RF to R (4)
5,6 RF cross behind L (5), LF point to L (6)
7,8 LF cross behind R (7), RF point to R (8)

[9-16]: Quarter turn left, Cross behind with LF Step right, lift left leg | Left toe tap, raise left leg | Left toe tap, raise left leg

1,2 Turn RF ¼ turn L to face the 9:00 wall (1), Cross LF behind RF (2).
3,4 Step with RF outwards laterally (3), raise/hitch left knee (4).
5,6 Extend LF fully for toe tap (5), raise/hitch the left knee to the previous position (6)
7,8 Extend LF fully for toe tap (7), raise/hitch the left knee to the previous position (8)

[17-24]: Step left, cross behind with RF Step left, raise right leg | ½ turn | ¼ turn, left knee hitch.

1,2 Extend LF fully for toe tap (1), Cross RF behind |LF (2)
3,4 Step with LF outwards laterally (3), raise/hitch right knee (4).

****Restart occurs here on walls 3 and 5 (pre-chorus). See bottom of the document for variation.****

5,6 Extend RF pointed ¼ turn right (5), turn right foot another ¼ right/bring left foot ½ with half turn to have a net "half turn" between steps 5-6 (6).
7,8 Pivot ¼ turn with both feet with RF pivoting back one step (7), LF raise/hitch (8).

***- So essentially steps 5-6-7 are a slow ¾ turn with step 8 being the LF hitch.**

[25-32]: LF step forward, RF step LF step forward, RF kick | LF step behind, RF step behind | LF step behind, jump

1,2 LF step forward (1), RF step forward (2)
3,4 LF step forward (3), RF kick (4)
5,6 LF step behind (5), RF step behind (6)
7,8 LF step behind (7), jump so that both feet land even in front of you (8).

****Restart:****

Occurs on the third and fifth walls through the song during the pre-chorus.

[17-20]: Step left, cross behind with RF Step left, raise right leg | ½ turn | ¼ turn, left knee hitch.

1 Extend LF fully for toe tap (1)
2 & 3 Spin over left shoulder full rotation (2&3)
4 Hop with both feet facing forward to new wall (9:00 wall on 3rd time through, 12:00 wall on 5th time through) (4).