

Crushin'

COPPER KNOB
STEPSHEETS

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).