

Krankin'

拍数: 32 墙数: 4 级数: Beginner
编舞者: Mick Bennett (UK)
音乐: You Turn Me On - Tim McGraw



ROCK FORWARD AND BACK, RIGHT HEEL, HOOK, RIGHT SHUFFLE

1-2 Step/rock forward on right; recover weight to left
3-4 Step/rock back on right; recover weight to left
5-6 Touch right heel forward; hook right foot in front of left shin
7&8 Shuffle forward right, left, right

ROCK FORWARD AND BACK, LEFT HEEL, HOOK, LEFT SHUFFLE

1-2 Step/rock forward on left; recover weight to right
3-4 Step/rock back on left; recover weight to right
5-6 Touch left heel forward; hook left foot in front of right shin
7&8 Shuffle forward left, right, left

ROCK, TRIPLE ½ TURN TWICE

1-2 Step/rock forward on right; recover weight to left
3&4 Shuffle step turning ½ right and step right, left, right
5-6 Step/rock forward on left; recover weight to right
7&8 Shuffle step turning ½ left and step left, right, left

GRAPEVINE RIGHT ¼ TURN, SCUFF, ROCK, RECOVER, COASTER STEP

1-2 Step right to right side; step left behind right
3-4 Step right to right side turning ¼ right; scuff left forward
5-6 Step/rock forward on left; recover weight to right
7&8 Step back on left; step right next to left; step forward on left

REPEAT
