Let's Get Nuts!



拍数: 64 增数: 2 级数: Intermediate

编舞者: Mikael Mölsä (FIN) 音乐: Let's Go Crazy - Prince



When danced to Prince?s track, start dancing after Prince says "Your On Your Own!" at 0:51. It then fits to the music like perfectly. Alternatively you can start at the vocals, but then the tags are to the walls 1, 3 and 5

SHUFFLE, HOLD, STEP, CLAP, ½ TURN, CLAP

1-2	Step forward	d on right,	step le	eft together

3-4 Step forward on right, hold
5-6 Step forward on left, clap hands
7-8 Turn ½ to right, clap hands

ROCK STEP WITH STRUTS, 1/4 RIGHT TURNING TWISTS, HOLD

1-2	Touch left toe forward, step weight on to left foot
3-4	Touch right toe back, step weight on to both feet
5-6	Twist heels left and turn 1/4 to left, twist heels to right

7-8 Twist heels to center, hold

COASTER STEP, HOLD, 1/4 RIGHT TURNING PIVOT, HOLD

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1-2	Step Hant	Dack, Steb	left next to right

3-4 Step right forward, hold

5-6 Step left forward, turn ¼ to right7-8 Step left across right, hold

JAZZ BOX WITH STRUTS

1-2	Touch right toe across left, step weight on to right
3-4	Touch left toe back, step weight on to left
5-6	Touch right toe to side, step weight on to right
7-8	Touch left toe forward, step weight on to left

Option: for more advanced dancers, you can do the box with a following set of 8 counts:

1-2	Turn 1/8 to left by touching right toe back, turn 1/8 to left and step weight on to right
3-4	Turn 1/8 to left by touching left toe front, turn 1/8 to left and step weight on to left
5-6	Turn 1/8 to left by touching right toe back, turn 1/8 to left and step weight on to right
7-8	Turn 1/8 to left by touching left toe front, turn 1/8 to left and step weight on to left

This turns 1 full turn to left ending your weight on the left, just like in the normal box. Try to push on the steps 2, 4, 6, 8. It gives your moving a little more "floating" feeling

WEAVE RIGHT ENDING IN A ROCKING CHAIR (LIKE IN ALL WEEK LONG)

1-2	Step right to side, step left behind right
3-4	Step right to side, scuff left across right
5-6	Rock left across right, recover weight ha

5-6 Rock left across right, recover weight back on right 7-8 Rock left across right, recover weight back on right

WEAVE LEFT ENDING IN A 1/4 LEFT TURN, 1/2 PIVOT, HOLD

1-2	Step left to side, step right over left
3-4	Step left to side, step right behind left
5	Turn ¼ to left by stepping left forward
6-7-8	Step right forward, turn ½ to left, hold

SHUFFLE FORWARD, HOLD, 1 1/4 TURN RIGHT, HOLD

1-2	Step right forward, step left next to right
3-4	Step right forward, hold
5-6	Turn ½ to right by stepping left back, turn ½ right by stepping right forward
7-8	Turn ¼ to right by stepping left to side, hold
KNEE PC	PS WITH HOLDS, KNEE POPS
1-2	Pop both your knees to right while stepping right forward, hold
2 /	Pan both your knoos to left while stopping left farward, hold

Pop both your knees to left while stepping left forward, hold

5-6-7-8 Pop your knees to right-left-right-left while stepping forward on each count (kinda like Shorty

Georges)

Option: knee pops can also be replaced with skates, skating right-hold-left-hold-right-left-right-left

REPEAT

TAG

After walls 2, 4, 6

1/4 RIGHT TURNING JAZZ BOX WITH HOLD

1-2 Step right across left, hold

3-4 Step left back, hold

5-6 Turn ¼ to right and step right to side, hold

7-8 Step left next to right, hold

1/4 RIGHT TURNING JAZZ BOX WITH HOLD

1-2 Step right across left, hold

3-4 Step left back, hold

5-6 Turn 1/4 to right and step right to side, hold

Step left next to right, hold 7-8