

Crawlin

拍数: 64 墙数: 0 级数:
编舞者: Mark Cook (UK)
音乐: Crawlin' Again - Tracy Lawrence



WALK FORWARD, RIGHT KICK, WALK BACK, COASTER

MAN

1-2 Walk forward on left, walk forward on right
3-4 Walk forward on left, kick right forward
5-6 Walk back right, walk back left
7&8 Step back right, step left next to right, step right forward

WOMAN

1-2 Walk forward right, walk forward on left
3-4 Walk forward on right, kick left forward
5-6 Walk back left, walk back right
7&8 Step back left, step right next to left, step left forward

LEFT JAZZ, RIGHT JAZZ WITH ¼ TURN, SIDE CHASSE, ROCK BACK

MAN

9&10 Cross left over right, step right back, step left to left side
11&12 Cross right over left, step left back, step right to right side making ¼ turn to right
13&14 Chasse left stepping, left, right, left
15-16 Rock back on right, recover weight to left

WOMAN

9&10 Cross right over left, step back on left, step right to right side
11&12 Cross left over right, step back on right, step left to left side making ¼ turn to left
13&14 Chasse right stepping, right, left, right
15-16 Rock back on left, recover weight to right

SIDE CHASSE, ROCK BACK, CROSS ROCKS

MAN

17&18 Chasse right, stepping right, left, right
19-20 Rock left back, recover weight to right
21&22 Cross rock left over right, recover weight to right, step left to left side
23&24 Cross rock right over left, recover weight to left, step right to right side

WOMAN

17&18 Chasse left, stepping left, right, left
19-20 Rock back on right, recover weight to left
21&22 Cross rock right over left, recover weight to left, step right to right side
23&24 Cross rock left over right, recover weight to right, step left to left side

CROSS ROCK, ¾ TURN LEFT, WALK BACK, SHUFFLE BACK, ROCK BACK

MAN

25&26 Cross rock left over right, recover weight to right, step left to left side making ¼ turn to left
27-28 Step forward on right making ½ turn over left shoulder, step back on left
29&30 Shuffle back on right, stepping right, left, right
31-32 Rock back on left, recover weight to right

WOMAN

25&26 Cross rock right over left, recover weight to left, step right to right side making ¼ turn to right
27-28 Step forward on left making ½ turn over right shoulder, step back on right
29&30 Shuffle back on left, stepping left, right, left
31-32 Rock back on right, recover weight to left

FORWARD SHUFFLE, SIDE STEP, SIDE CHASSE ROCK BACK

MAN

- 33&34 Shuffle forward on left, stepping left, right, left
35-36 Step right to right side, close left next to right
37&38 Chasse right, stepping right, left, right
39-40 Rock back on left, recover weight to right

WOMAN

- 33&34 Shuffle forward on right, stepping right, left, right
35-36 Step left to left side, close right next to left
37&38 Chasse left, stepping left, right, left
39-40 Rock back on right, recover weight to left

SIDE CHASSE, ROCK BACK, ¼ TURN RIGHT, CHASSE RIGHT, ROCK BACK

MAN

- 41&42 Side chasse left, stepping left, right, left
43-44 Rock back on right, recover weight to left making a ¼ turn left
45&46 Side chasse right, stepping right, left, right
47-48 Rock back on left, recover weight to right

WOMAN

- 41&42 Side chasse right, stepping right, left, right
43-44 Rock back on left, recover weight to right making a ¼ turn to right
45&46 Side chasse to left, stepping left, right, left
47-48 Rock back on right, recover weight to left

FORWARD SHUFFLE, ½ TURN, ROCK BACK, FORWARD SHUFFLE ½ TURN, ROCK BACK

MAN

- 49&50 Shuffle forward on left, stepping left, right, left, making ½ turn over right shoulder
51-52 Rock back on right, recover to left
53&54 Shuffle forward on right, stepping right, left, right, making ½ turn over left shoulder
55-56 Rock back on left, recover weight to right making ¼ turn left

WOMAN

- 49&50 Shuffle forward on right, stepping right, left, right, making ½ turn over left shoulder
51-52 Rock back on left, recover weight to right
53&54 Shuffle forward on left, stepping left, right, left, making ½ turn over right shoulder
55-56 Rock back on right, recover weight to left making ¼ turn to right

SHUFFLE FORWARD, HEEL TOE, SHUFFLE FORWARD HEEL TOE

MAN

- 57&58 Shuffle forward on left, stepping left, right, left
59-60 Point right heel forward, point right toe back
61&62 Shuffle forward on right, stepping right, left, right
63-64 Point left heel forward, point left toe back

WOMAN

- 57&58 Shuffle forward on right, stepping right, left, right
59-60 Point left heel forward, point left toe back
61&62 Shuffle forward on left, stepping left, right, left
63-64 Point right heel forward, point right toe back

REPEAT
