

Crazy In Love

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Intermediate/Advanced
编舞者: Sarah Fairclough
音乐: Crazy In Love - Beyonce And Jay-Z



KICK AND CROSS, TOUCH TO SIDE X4

- 1&2 Kick right foot forward, cross over in front of left, touch left out to left side
- 3&4 Kick left foot forward, cross over in front of right, touch right to right side
- 5&6 Kick right foot forward, cross over in front of left, touch left out to left side
- 7&8 Kick left foot forward, cross over in front of right, touch right to right side

BODY RIPPLE FORWARD, MONTEREY TURN RIGHT ONE WHOLE TURN

- 1-4 Leading with the top of your head go down your body to your waist and then slowly come back up
- 5&6 Touch right out to right side use that to push you a whole turn round to the right
- 7&8 Rock left out to left side recover back on to right, cross left across right with weight

SAILOR STEPS ON A SLIGHT DIAGONAL TO THE CORNERS MAKING ½ TURNS HIP BUMPS

- 1&2 Cross right behind left step left to left side step right to place do this slightly to the right hand side diagonal corner
- 3&4 Cross left behind right starting to turn a half left to back left diagonal corner step right to right step left in place
- 5&6 Cross right behind left starting to make a half turn over your right shoulder to the right diagonal front corner

Optional arm movements with the sailor steps arms in jazz third position

- 7&8 Two hip bumps to right side

TOUCH STEPS MAKING A SQUARE

- 1-2 Touch left to left side at the same time as touching the left out to the side slightly bumping hip to the left, then step on left
- 3-4 Making a ¼ turn left touch right to the right side slightly bump hip to the right then step on right to side
- 5-6 Making a ¼ turn left touch left to left side slightly bumping hip to the left, then step on left
- 7-8 Making a ¼ turn left touch right to right side slightly bumping hip to the right, then step on right

TOUCH STEP, SYNCOPATED JUMPS FORWARD AND BACK, HIP ROLLS

- 1-2 Finish off the box make a ¼ turn left touching left to left side slightly bumping hip then step on left
- &3 Jump forward right. Jump forward left
- &4 Jump back right. Jump back left
- &5&6 Jump forward right, left, right, left
- &7&8 Two hip rolls to the left

AND PRESS ONE AND ¼ TURN TO THE RIGHT STEP ON THE RIGHT, SLIDE TO THE LEFT, UNWIND

- &1 Step on the left, then press your right foot forward
- 2-3&4 Make a 1 and a ¼ turn over your right shoulder
- &5-6 Step left to left side and slide right foot up to left
- 7&8 Cross right over left unwind

REPEAT

