

Cranky

拍数: 32 墙数: 4 级数: Easy Intermediate
编舞者: Robbie McGowan Hickie (UK) - June 2009
音乐: Crank It Up - Ashley Tisdale : (CD: Guilty Pleasure)



32 Count intro

Side Step Left. Right Sailor with Hitch. & Cross. 1/4 Turn Left. Side Step Left. Right Cross Shuffle.

- 1 Step Left to Left side.
- 2&3 Cross Right behind Left. Step Left to Left side. Hitch Right knee up.
- &4 Step ball of Right beside Left. Cross step Left over Right.
- 5 – 6 Make 1/4 turn Left stepping back on Right. Step Left to Left side.
- 7&8 Cross step Right over Left. Step Left to Left side. Cross step Right over Left. (Facing 9 o'clock)

Side Rock and 1/4 Turn Right with Cross. 2 x Prissy Walks Forward. Right Mambo 1/2 Turn Right. Step Forward Left. 1/2 Turn Left.

- 1& Rock Left out to Left side. Recover weight on Right making 1/4 turn Right.
- 2 Cross step Left Forward over Right. (Facing 12 o'clock)
- 3 – 4 Cross step Right Forward over Left. Cross step Left Forward over Right.
- 5&6 Rock forward on Right. Rock back on Left. Make 1/2 turn Right stepping forward on Right.
- 7 – 8 Step forward on Left. Make 1/2 turn Left stepping back on Right. (Facing 12 o'clock) **Restart Point**

Left Sailor Cross 1/4 Turn Left. Chasse Right. Back Rock. Triple 3/4 Turn Right.

- 1&2 Sweep/Cross Left behind Right making 1/4 turn Left. Step Right beside Left. Cross step Left over Right.
- 3&4 Step Right to Right side. Close Left beside Right. Step Right to Right side. (Facing 9 o'clock)
- 5 – 6 Rock back Left behind Right. Rock forward on Right.
- 7& Make 1/4 turn Right stepping back on Left. Make 1/2 turn Right stepping forward on Right.
- 8 Step forward on Left. (Facing 6 o'clock)

Step Forward. Left Mambo Forward. Right Shuffle 1/2 Turn Right. Mambo 1/4 Turn Left. Cross.

- 1 Step forward on Right.
- 2&3 Rock forward on Left. Rock back on Right. Step back on Left.
- 4&5 Right shuffle making 1/2 turn Right stepping Right. Left. Right. (Facing 12 o'clock)
- 6&7 Rock forward on Left. Rock back on Right. Make 1/4 turn Left stepping Left to Left side.
- 8 Cross step Right over Left. (Facing 9 o'clock)

Start Again

Note: To keep to the phrasing of the music ... A Restart is needed During Wall 4 (Facing 3 o'clock)
Dance up to Count 16 ... Then Restart the dance again from the Beginning (Facing 3 o'clock)