

Crazy

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Amy Christian (USA) - January 2012
音乐: Crazy (Single Mix) - Seal



32 Count Intro. (37secs. into the song)

Note: Tag is done after walls 3, 7(after 16cts into the dance) & 10.
Restart is done after 2nd Tag at wall 7.

Hitch, Crouch, R Coaster, Hitch, ¼ Turn L, L Coaster

1&2 Hitch R foot, (Hands in a fist, elbows slightly bent, bring shoulders inwards(1), Hitch R foot further up towards chest, (hands still in a fist, bring shoulders inwards, bending chest towards the R knee(&), Crossing hands at chest, repeat the same movements only bringing both knee & chest even closer, crouching position(2),
3&4 Right Coaster Step, Straightening up body,
5&6 Hitch L foot(5), ¼ turn left still hitching L foot in a semi circle movement(&), Finish that semi circle movement with hitched L foot, pop L shoulder up(6), Make 3 slight bounces on right foot, when doing this 5&6 count. Popping L shoulder upwards.
7&8 L Coaster Step.

Step, Pivot ½ Turn, Forward R Shuffle, Step, Pivot ½ Turn, Forward L Shuffle

1-2 Step forward on R foot(1), Pivot ½ turn left on L foot(2)
3&4 Forward shuffle, RLR,
5-6 Step forward on L foot(5), Pivot ½ turn right on R foot(6)
7&8 Forward shuffle, LRL.

Sway, Sway, Sailor ¼, Sway, Sway, Sailor ¼

1-2 Sway R, Sway L,
3&4 R Sailor step with ¼ turn right,
5-6 Sway L, Sway R,
7&8 L Sailor step with with ¼ turn left.

Point & Point & Heel & Toe, Skate, Skate, Left Shuffle

1&2 Point R toe to right side(1), Step R foot next to L foot(&), Point L Toe to left side(2),
&3 Step L foot next to R foot(&), Put R heel forward(3),
&4 Step R foot next to L foot(&), Touch L toe next to R foot(4)
5-6 Skate left, Skate right,
7&8 Shuffle to the left LRL.

Tag - 4 count - Point & Point & Heel & Toe

1&2 Point R Toe to right side(1), Step R foot next to L foot(&), Point L Toe to left side(2),
&3& Step L foot next to R foot(&), Put R heel forward(3), Step R foot next to L foot(&),
4 Touch L Toe next to R foot(4). (Right after the tag, Step down on L foot on count 1).

RESTART - On the 7th wall, do 16 counts of the dance (till pivot ½ turn, forward shuffle,x2), then do the TAG, then restart the dance.

*****ENJOY!*****