

Crank It Up

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Daniel Whittaker (UK) - February 2013
音乐: Crank It Up (feat. Akon) - David Guetta



Start: 16 counts intro (start on vocals)

Notes: Restart after 32 counts on wall 4 PLUS 16 count tag after 32 counts on wall 2 and wall 6.

[1-8] Step OUT right left, Step back IN right left, Twist, twist, hitch, behind

- 1-2 Step right forward and out to right side, step left foot out to left side 12:00
- 3-4 Step right back, and then step left foot to left side (slightly less than shoulder width apart) 12:00
- 5-6 Twist right knee in towards to left knee, twist right knee out to right side 12:00
- 7-8 Hitch right knee out to right, step right foot slightly behind left foot 12:00

[9-16] ¾ turn triple step, coaster step, step forward, shuffle

- 1 Make ¼ turn left step left forward 09:00
- 2&3 Make ½ turn left triple step right, left, right 03:00
- 4&5 Step left foot back, close right to left, step left foot forward 03:00
- 6 Step forward right foot 03:00
- 7&8 Shuffle forward left, right, left 03:00

[17-24] Cross ball step x 2, Jazz box ¼ turn

- 1&2 Step right over left, rock left to left side, recover weight on to right 03:00
- 3&4 Step left over right, rock right to right side, recover weight on to left 03:00
- 5-8 Cross right over left, make ¼ turn right step left back, step right to right side, cross left over right 06:00

[25-32] Kick ball cross, side touch, rolling vine chasse

- 1&2 Kick right to right diagonal, step right beside left, cross left over right 06:00
- 3-4 Step right to right side, touch left beside right 06:00
- 5-6 Make ¼ turn left step left forward (3:00), make ½ turn left step right foot back (9:00) 09:00
- 7&8 Make a further ¼ turn left step left ot left side, close right to left, step left to left side 06:00

**** TAG HERE DURING WALL 2 AND 6 ** RESTART HERE WALL 4 ****

[33-40] Monterey turn HOLD x 2

- 1 2 3 4& Touch right to right, step right beside left as you make ½ turn right, touch left to left side, HOLD, step left beside right 12:00
- 5 6 7 8& Touch right to right, step right beside left as you make ½ turn right, touch left to left side, HOLD, step left beside right 06:00

[41-48] Side rock, and ¼ turn, ½ turn walk back left, right, coaster step

- 1-2& Rock right to right side, recover weight on to left, step right beside left 06:00
- 3-4 Rock left to left side, recover making ¼ turn right 09:00
- 5-6 Make ½ turn right walk back left, right 03:00
- 7&8 Step back left, close right to left, step left foot forward 03:00

[49-56] Right side hold & side touch, ¼ turn left left side hold & side touch

- 1-2 Step right foot to right side, hold 03:00
- &3-4 Step left beside right, step right to right side, touch left beside right 03:00
- 5-6 Make ¼ turn left and step left to left side, hold 12:00
- &7-8 Step right beside left, step left to left side, touch right beside left 12:00

[57-64] Rock recover, coaster step, step ½ turn, shuffle

- 1-2 Rock right foot forward, recover weight back on left 12:00
3&4 Step right foot back, close left to right, step right foot forward 12:00
5-6 Step left foot forward, make ½ turn right 06:00
7&8 Step left foot forward, close right beside right, step left foot forward 06:00

END OF DANCE

TAG 16 counts – Step point x 2, 2 x Jazz box ¼ turn (after 32 counts on walls 2 and 6)

- 1-4 Step right forward, touch left to left side, Step left foot forward, point right to right side
5-8 Cross right over left, make a ¼ turn right step back left, step right to right side, step left foot forward

9-16 Repeat 1-8

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