

Crank It Up!

拍数: 40 墙数: 4 级数: Low Intermediate
编舞者: M. Vasquez (UK) - April 2014
音乐: Turn On the Radio - Reba McEntire



Dance starts on main vocal

Section 1: Heel Touch Forward, Toe Touch Back, Step Forward and ¼ Turn R, Side Touch, Touch, Step, Cross, Step Back

1-2 Touch R heel forward, touch R toe back
3-4 Step R foot forward turning ¼ R, touch L toe to L side.
5-6 Touch L toe next to R foot, step L foot forward
7-8 Cross R foot over L, step L foot back

Section 2: ¼ Turn R and Side Chasse, Step and ½ Pivot R, Forward L Shuffle, Step, ½ Pivot L

1&2 Turn ¼ R stepping R foot to R side, close L foot next to R foot, step R foot to R side
3-4 Step L foot forward, pivot ½ turn R
5&6 Step L foot forward, step R next to L, step L forward
7-8 Step R foot forward, pivot 1/2 turn L, (weight ending on right & left toe forward)

Section 3: L Coaster Step, Heel Rock, Heel Grind and Pivot ¼ Turn R, R Coaster Step, Rock Forward, Recover

1&2 Step L foot back, step R foot next to L foot, step L foot forward
3-4 Rock forward onto R heel, pivot ¼ R stepping back onto L foot
5&6 Step R foot back, step L foot next to R foot, step R foot forward
7-8 Rock forward onto L foot, recover back on R foot

Section 4: Rock Back on L, Recover Forward on R, Triple Step ½ Turn R, Rock Forward on R, Recover Back on L, Shuffle ½ Turn R

1-2 Rock back on L foot, recover forward on R foot
3&4 Triple step L-R-L while doing a ½ turn R (weight ending on L foot)
5-6 Rock forward on R foot, recover back on L foot
7&8 ½ turn R as you shuffle R-L-R

Section 5: Step Forward, Toe Tap Behind, Heel Jack, Hip Swing, Hip Bump and Click, Hip Swing and Touch

1-2 Step forward on L foot, tap R toe behind L foot
&3 Jump back onto R foot, tap L heel forward
&4 Step onto L foot and touch R foot next to L
5&6 Step R foot to R side as you swing hips from L to R in anti-clockwise motion, hip bump L and click fingers on R hand

(fingers click at shoulder height or above)

7-8 Swing hips from R to L in a clockwise motion, touch R toe next to L foot

Contact: matt.vasquez@rocketmail.com