

Crazy By Myself

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Chris Cleevely (UK) - July 2016
音樂: Crazy By Myself - Pam Tillis : (Album: Rhinestoned)



Single available from iTunes (16 count intro)

Section 1: (Counts 1-8)

Step Forward Out R/L; R Coaster; Step Forward Out L/R; L Coaster

- 1 - 2 Step out forward R, Step out forward L
- 3 & 4 Step back R, step L beside R, step forward R
- 5 - 6 Step out forward L, step out forward R
- 7 & 8 Step back L, step R beside L, step forward L

Section 2: (Counts 9-16)

Forward R Rock, Recover; ½ Shuffle R; L Shuffle Forward; Step ¼ Turn L

- 1 - 2 Rock forward on R, recover weight on L
- 3 & 4 ½ Shuffle R, stepping R/L/R (6 o'clock)
- 5 & 6 L shuffle forward stepping L/RL
- 7 - 8 Step forward R, pivot ¼ turn L (weight on L) (3 o'clock)

Section 3: (Counts 17-24)

Cross R Rock, Recover; R Chasse; Back L Rock, Recover; ¼ L Shuffle

- 1 - 2 Cross rock R over L, recover weight on L
- 3 & 4 Step R to R side, step L beside R, step R to R side
- 5 - 6 Rock back L, recover weight on R
- 7 & 8 Making ¼ turn L, shuffle forward stepping L/R/L (12 o'clock)

Section 4: (Counts 25-32)

R Mambo ¼ Turn R; Step Pivot ½ Turn R; Walk L/R (or Full Turn R); L Shuffle Forward

- 1 & 2 Rock forward R, recover weight on L, step ¼ R
- 3 - 4 Step forward on L, pivot ½ turn R (9 o'clock)
- 5 - 6 Walk forward L/R (or full turn R)
- 7 & 8 L shuffle forward, stepping L/R/L

Section 5: (Counts 33-40)

Point R & Point L; & Step ¼ Turn L; R Kick, Ball, Point; ¼ Sailor L

- 1 & 2 Point R toe to R side, switch point L toe to L side
- & 3 - 4 Step weight on L, step forward on R, pivot ¼ turn L (6 o'clock)
- 5 & 6 Kick R forward, step weight on R, point L to L side
- 7 & 8 Cross L behind R, making ¼ turn L step R to R side, Step L to L side (3 o'clock)

Section 6: (Counts 41-48)

Kick R Forward Twice; R Back Shuffle; Back L, ½ Turn R; Step ¼ R Cross

- 1 - 2 Kick, kick R
- 3 & 4 Shuffle back R, stepping R/L/R
- 5 - 6 Step back on L, make ½ turn R, stepping forward R (9 o'clock)
- 7 & 8 Step forward on L, make ¼ turn R, cross L over R (12 o'clock)

*RESTART HERE ON WALL 2

Section 7: (Counts 49-56)

Side, Behind & Cross, Point R; Behind & Cross; Point L, ¼ Turn L

1 - 2 Step R to R side, cross L behind R
& 3 - 4 Step weight on R, cross L over R, point R toe to R side
***RESTART HERE ON WALL 4**
5 & 6 Cross R behind L, step weight on L, cross R over L
7 - 8 Point L to L side, twist ¼ turn L, keeping weight on L (9 o'clock)

Section 8: (Counts 57-64)

R Cross, Rock Step; L Cross, Rock Step; Grapevine R (or Full Turn R) Step L

1 & 2 Cross rock R over L, recover weight on L, step R to R side
3 & 4 Cross rock L over R, recover weight on R, step L to L side
5 - 6 Step R to R side, cross L behind R
7 - 8 Step R to R side, step weight on L

- Restart dance during wall 2 after 48 counts
- Restart dance during wall 4 after 52 counts

Tag after wall 3 (facing 6 o'clock): Slap R hand on R hip; L hand on L hip; slap hands down, slap hands up (or alternatively just do 4 hip bumps).

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