

Cravin

COPPER KNOB
STEP SHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Donna Manning (USA) - December 2016
音樂: Crave - Pharrell Williams



*1 fix on wall 7 (second time you start @ 6:00) Section 2

#16 count intro after heavy beat – Weight on the R

Sec. 1 (1-8) Rhumba Box

1,2,3,4 Step L to side, bring R to L take weight, step L fwd – use count 4 to bring R through center
5,6,7,8 R to R side, bring L to R take weight, step R back, pause through count 8 leaving L stretched out in front □ (12:00)

Sec. 2 (9-16) Step Back, ¼ Turn R, Lunge, Recover ¼ L , ½ Turn L, Step back

1, 2-3-4 Step back on L, ¼ turn R using counts 2,3,4 for a slow lunge on the R
5,6 Recover ¼ turn L to L, on ball of L ½ turn L stepping back on R
7,8 Step back on L, pause through count 8 □ (6:00)

Wall 7 (second time you start @ 6:00): on count 7 bring L to R in a touch, pause through count 8 - RESTART

Sec. 3 (17-24) R Side Rock (press), Recover, Cross, Pause – Repeat pattern with L

Depending on where you are in the song you might feel a rock using the hip or a press for some funky feel – feel free to use either

1,2,3,4 R side rock, recover to L, step across L with R, pause on 4
5,6,7,8 L side rock, recover to R, step across R with L, pause on 8 (6:00)

Sec.4 (25-32) Slide Box – turning ¾ L – This section can have a funky bounce or knees going on. Feel free to add some of your own styling keeping the flow intact.

1,2 Step R to side (6:00), slide L to R while turning ¼ turn L, keeping weight R (3:00)
3,4 Step L to side, slide R to L, keeping weight L (3:00)
5,6 ¼ turn L stepping R to side (12:00), slide L to R keeping weight R (12:00)
7,8 ¼ turn L stepping L to side (9:00), bring R to L TAKING WEIGHT TO R (9:00)

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format and include all contact details on this script. Video rights assigned to choreographer.

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