

# Cranked Up

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數:  
編舞者: JR Landry (UK) - January 2017  
音樂: Crank It Up - Colt Ford



## Kick R - Touch L, Kick L - Touch R, Step R 1/2 Turn L, Coaster LRL

1&2      Kick right foot forward, step on right, touch left foot back  
3&4      Kick left foot forward, step on left, touch right foot back  
5,6      Step forward with right foot, pivot left (leaving weight on your right foot)  
7&8      Coaster step left right left

## Shuffle forward x2 (RLR, LRL), Sailor step x2 (RLR, LRL)

1&2      Shuffle forward right left right  
3&4      Shuffle forward left right left  
5&6      Sailor step right left right  
7&8      Sailor step left right left

## Twist R, Twist L 1/4 turn L, Kick-ball change R, Bump step R, Bump step L

1,2      Staying on the balls of your feet, twist right (heels moving out left), twist left (heels moving out right), turning 1/4 turn left  
3&4      Kick right foot forward, step on the ball of your right foot, transfer weight to left foot  
5&6      Walk forward with right, bump hips right x2  
7&8      Walk forward with left, bump hips left x2

## Bump step R, Bump step L, Step R 1/2 L, Walk RL

1&2      Walk forward with right, bump hips right x2  
3&4      Walk forward with left, bump hips left x2  
5,6      Step forward right, 1/2 turn left  
7,8      Walk forward right, walk forward left

END

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