

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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