

Stir Crazy

拍數: 60 牆數: 4 級數: Easy Intermediate waltz
編舞者: Kate Sala (UK) - September 2017
音樂: I Won't Go Crazy - Josh Thompson : (Album: Way Out Here - 3:22)



Intro: 24 counts.

S1: Basic Twinkle Forward, Basic Twinkle Back.

1 - 3 Step forward on L. Step R next to L. Step L next to R.
4 - 6 Step back on R. Step L next to R. Step R next to L.

S2: Basic Twinkle 1/2 Turn Left, Basic Twinkle Back.

1 - 3 Step forward on L with toe turned out. Turn 1/2 left stepping back on R. Step L next to R.
4 - 6 Step back on R. Step L next to R. Step R next to L. (6:00) (Restart here during wall 3)

S3: Step, Point, Hold, Cross, Side Rock, Recover.

1 - 3 Step forward on L. Point R out to right side. Hold.
4 - 6 Cross step R over L. Side rock out on L to left side. Recover on to R.

S4: Weave Right, Long Step Right. Drag In.

1 - 3 Cross step L over R. Step R to right side. Cross step L behind R.
4 - 6 Long step on R to right side. Drag L towards R over 2 counts. (weight on R).

S5: Rolling Vine Left, Diagonal Step, Kick.

1 - 3 Turn 1/4 left stepping forward on L. Turn 1/2 left stepping back on R. Turn 1/4 left stepping L.
4 - 6 Step forward on R to left diagonal (4:30). Gently lift L leg forward over 2 counts.

S6: Step Back, Touch Back, Hold, Step, Pivot 3/8 Turn Left.

1 - 3 Still on diagonal step back on L. Touch R toe far back behind. Hold.
4 - 6 Still on diagonal step forward on R. Pivot 3/8 turn left over 2 counts to face 12:00. (weight on L).

S7: Cross Twinkle (Travelling Forwards) x 2.

1 - 3 Cross step R over L. Step L slightly forward to left diagonal. Step R to right side.
4 - 6 Cross step L over R. Step R slightly forward to right diagonal. Step L to left side.

S8: Cross Rock, Recover, Step Right, Cross Rock, Recover, Step Left.

1 - 3 Cross rock on R over L. Recover on to L. Step R next to L.
4 - 6 Cross rock on L over R. Recover on to R. Step L next to R.

S9: Diagonal Step Forward, Pivot 1/2 Turn Left x 2.

1 - 3 Facing left diagonal (10:30) step forward on R. Pivot 1/2 left over 2 counts. (weight on L)
4 - 6 Facing left diagonal (4:30) step forward on R. Pivot 1/2 left over 2 counts. (weight on L)

S10: Rock Forward, Recover, 3/8 Turn Right. Step Pivot 1/2 Turn Right.

1 - 3 Still on left diagonal rock forward on R. Recover on to L. Turn 3/8 right stepping forward on R.
3:00
4 - 6 Step forward on L. Pivot 1/2 turn right over 2 counts. (weight on R) 9:00

Restart during wall 3.

During wall 3 starting 6:00 dance the first 12 counts only, then Restart the dance again facing 12:00

