

Cruisin' Together

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Easy Intermediate
編舞者: John Bishop (AUS) - October 2017
音樂: Cruisin' (Single Edit) - Huey Lewis & The News & Gwyneth Paltrow : (Album: Greatest Hits, Remastered - iTunes)



Intro/Wait: 16 counts

[1 – 8] SIDE, BEHIND, ¼ TURN SHUFFLE, STEP, PIVOT ¾, SIDE SHUFFLE

1,2,3&4 Step L to side, step R behind L, shuffle L, R, L turning 90°L - 9:00
5,6,7&8 Step R fwd, pivot 270°L onto L, shuffle R, L, R sideways to right - 12:00

[9 – 16] CROSS, ROCK & CROSS, ROCK & CROSS-SIDE-ROCK-CROSS, SIDE, DRAG, BACK ROCK, REPLACE

1,2& Cross/rock L over R (1), recover onto R (2), step L next to R (&) - 12:00
3,4& Cross/rock R over L (3), recover onto L (4), step R next to L (&)
5&6& Cross/step L over R, rock/step R to side, recover onto L, cross/step R over L
7&8& Big step L to left (7), drag R towards L (&), rock R behind L (8), recover onto L (&)

[17 – 24] STEP ¼ R, SPIN FULL R, SHUFFLE FWD, STEP, PIVOT ¾ R, SIDE SHUFFLE

1,2 Step R fwd into 90°R turn, step L fwd spinning full turn R (on L) - 3:00
3&4 ;5,6 Shuffle fwd R, L, R; step L fwd (5), pivot 270°R onto R (6) - 12:00
7&8 Shuffle L, R, L sideways to left

[25 – 32] CROSS, ROCK & CROSS, ROCK & CROSS-SIDE-ROCK-CROSS, SIDE, DRAG, BACK ROCK, REPLACE (Same as counts 9 – 16 but opposite footwork)

1,2& Cross/rock R over L (1), recover onto L (2), step R next to L (&)
3,4& Cross/rock L over R (3), recover onto R (4), step L next to R (&)
5&6& Cross/step R over L, rock/step L to side, recover onto R, cross/step L over R
7&8& Big step R to right (7), drag L towards R (&), rock L behind R (8), recover onto R (&) □ □

*(Restart on wall 2) **(add bridge on wall 4)

[33 – 39] FORWARD ¼ TURN L, MAMBO FWD, MAMBO BACK + SWAY x 2

1-2&3 Step L into 90°L turn; rock/step R fwd, recover back onto L, rock/step R back - 9:00
4&5 Rock/step L back, recover fwd onto R, rock/step L fwd
6,7 Step R to side and sway hips right (6), sway hips left (7)

[40 – 48] CHASSE RIGHT, BALL CROSS, SIDE ROCK CROSS, STEP ¼ TURN, DRAG-FLICK BACK, SHUFFLE FORWARD, BALL (&)

8&1&2 Step R to side (8), step L next to R (&), step R to side (1), step ball L next to R (&), cross/step R over L (2)
3&4 Step L to side, recover onto R, cross/step L over R
5&6 Step R back turning 90°L (5), drag ball of L towards R (&), flick L straight back (6) - 6:00
& 7&8& Hitch L slightly fwd (&), Shuffle fwd L, R, L (7&8), rock back slightly on R (push off ball of R foot) (&)

[49 – 56] 45°L HEEL STRUT, BEHIND, SIDE, 45°R HEEL STRUT, STEP BEHIND, SIDE

1&2& L heel strut fwd on left diagonal (1&), step R slightly behind L (2), step L to side (&)
3&4 R heel strut fwd on right diagonal (3&), step L slightly behind R (4)
& Rock back slightly on R (push off ball of R foot)
5&6 Large step L to side (5), drag ball of R to cross in behind L (&), step R behind L (6)
& Rock back slightly on L (push off ball of L foot)
7&8 Large step R to side (7), drag ball of L to cross in behind R (&), step L behind R (8)

& Rock back slightly on R (push off ball of R foot)

[57 – 64] REPEAT COUNTS 49 - 56

1&2& L heel strut fwd on left diagonal (1&), step R slightly behind L (2), step L to side (&)
3&4 R heel strut fwd on right diagonal (3&), step L slightly behind R (4)
& Rock back slightly on R (push off ball of R foot)
5&6 Large step L to side (5), drag ball of R to cross in behind L (&), step R behind L (6)
& Rock back slightly on L (push off ball of L foot)
7&8 Large step R to side (7), drag ball of L to cross in behind R (&), step L behind R (8)
& Rock back slightly on R (push off ball of R foot)

* On Wall 2 (starts facing back) RESTART after 32 counts facing 6:00

* On Wall 4 (starts facing front) INSERT 8 count BRIDGE and continue with dance from count 33 (except on count 33 step L fwd to 3:00 [no ¼ L turn]) facing 3:00

RESTART & BRIDGE

* End of wall 2: after 32 counts RESTART facing 6:00

** 8 count BRIDGE (to be done on wall 4 after 32 counts then continue with dance from count 33 (but without ¼ turn, step directly forward on count 33 instead)

BRIDGE: STEP SIDE, BEHIND, ¼ L, PIVOT TURN ½ L, STEP ¼ L, BEHIND, ¼ R, FWD

1,2,3,4 Step L to side, step R behind L, step L fwd turning 90°L, step R fwd - 9:00
5,6 Pivot 180°L taking weight onto L, step R to side turning 90°L - 12:00
7,8 Step L behind R, step R fwd turning 90°R - 3:00

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