

# Instant Crush

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Bernard Canal (FR) - October 2017  
音樂: Instant Crush (feat. Julian Casablancas) - Daft Punk



**Start : On the lyrics after the introduction of 6 x 8 times**

**A[1-8] kick ball step, step ¼ turn left, behind side cross, side rock**

1&2      Kick right forward, right beside left plant, left forward  
3-4      Step right forward, pivot ¼ turn left - 9:00  
5&6      Cross right behind left, left to left, Cross right over left  
7-8      Step left to left, recover onto right

**B[1-8] cross shuffle right, side rock ¼ turn recover, kick ball step, step stomp up**

1&2      Cross left over right, step right to right, cross left over right  
3-4      Step right to right, ¼ Turn left step forward - 6:00  
5&6      Kick right forward, right beside left plant, left forward  
7-8      Step right forward, Touch left beside right

**C[1-8] step lock step scuff right, step lock step scuff left**

1-2      Step right forward, lock left behind right  
3-4      Step right forward, scuff left heel forward  
5-6      Step left forward, lock right behind left  
7-8      Step left forward, scuff left heel forward

**D[1-8] cross, side, behind & heel, & cross, side, behind & heel &**

1-2      Cross right over left, left to left  
3&4&      Cross right behind left, left to left, Tap Right heel diagonally forward right, right foot beside left  
5-6      Cross left over right, right to right  
7&8&      Cross left behind right, right to right, Tap left heel diagonally forward left, left foot beside Right

**E[1-8] cross shuffle left, side Rock ¼ Turn Recover, rock forward, coaster step left**

1&2      Cross right over left, step left to left, cross right over left  
3-4      Step left to left, ¼ turn right step forward - 9:00  
5-6      Step left forward, recover on right  
7&8      Step left backwards, Bring right beside left, step left forward

**F[1-8] point touch point right, coaster step right, point touch point left, coaster step left**

1&2      Point right to right, touch right beside left, point right to right  
3&4      Step right backwards, Bring left beside right, step right forward  
5&6      Point left to left, touch left beside right, point left to left  
7&8      Step left backwards, Bring right beside left, step left forward

**G[1-8] ½ turn shuffle, rock back, ½ turn shuffle, rock back**

1&2      Make ½ turn left shuffling right, left, right - 03:00  
3-4      Rock back onto left foot, recover forward onto right foot  
5&6      Make ½ turn shuffling left, right, left - 09:00  
7-8      Rock back onto right foot, recover forward onto left foot

**H[1-8] walk walk forward , ¼ turn left, cross shuffle left, side left stomp**

1-2      Step right forward, step left forward  
3-4      step forward on right, pivot ¼ Turn left - 6:00

5&6            Cross right over left, step left to left, cross right over left  
7-8            Step left to left, Tap right beside left

**No Tag No Restart, the dance ends at the 9th wall after the 5&6 of the section D.  
Do 7&8 sailor ½ turn and face the wall of 12 hours.**

**REPEAT START SMILE AND HAVE FUN !**

Contact: [bernard.canal@hotmail.fr](mailto:bernard.canal@hotmail.fr)

---