

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
