

Zero to Crazy

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Rachel Young - April 2018
音樂: Zero to Crazy - Jerrod Niemann



Stomp, Clap, Kick, and Scuff (Repeat)

- 1-2 Stomp right foot, Clap
- 3&4 Kick left foot in front while hoping back onto right foot, Step onto Left foot, Scuff right foot
- 5-8 Repeat first 4 counts

Rock, Recover, Shuffle turn, Turn, Step, Hips Right, Hips Left

- 1-2 Rock forward right foot, recover onto left foot
- 3&4 ½ turn right while shuffling forward onto right foot
- 5-6 Step left foot forward and ½ turn right, Bright Right foot to left foot
- 7-8 Scoop hips to right, Scoop hips to left

*Step, Hitch, Coaster Step, Step, Hitch Turn, Out and Cross

- 1-2 Step right foot forward, Hitch left leg
- 3&4 Coaster step (step left foot back, step right foot back, step left foot forward)
- 5-6 Step right foot forward, Hitch left leg and turn ¼ to right
- 7&8 Step left foot to left, step onto right foot, cross left foot over right foot

Step, Together, Step, Kick, Coaster Step, Scuff, Stomp

- 1-2 Step right foot to right, ¼ to right and step left foot to right foot
- 3-4 Step left foot forward, ½ turn to right and kick right foot forward
- 5&6 Coaster Step (step right foot back, step left foot back, step right foot forward)
- 7-8 Scuff left foot, Stomp left foot forward

Hip Bump, Hip Bump, Hip Sway Forward/Back/Forward/Back

- 1-2 Bump hips forward with weight shifting to left foot 2 times
- 3-4 Bump hips backward with weight shifting to right foot 2 times
- 5-8 Sway hips forward, back, forward, back shifting weight onto left, right, left, right feet

Point Right, Left, Right, Hitch Turn, Stomp, Stomp, Hip Roll 2x's

- 1-2 Point right foot to right side, hop right foot in place of where left foot was and point left foot to left side
- 3-4 Hop left foot in place of where right foot was, point right foot to right side, hitch right foot into ¾ turn to right
- 5-6 Stomp right foot out to right, Stomp left foot out to left
- 7-8 Roll hips in counter-clockwise circle 2 times

Tag: 3rd Wall Tag do Stomp, Clap, Kick, and Scuff (repeat)

TAG: 5th Wall Tag

Cross Rock, Recover, Shuffle turn, Turn, Turn, Shuffle

- 1-2 Rock right foot in front of left foot, recover onto left foot
- 3&4 ¼ turn right and shuffle forward with right foot (step right foot to right, step left next to right, step right foot to right)
- 5-6 Step forward with left foot and do ½ turn to right, ½ turn again to right stepping onto right foot
- 7&8 Shuffle forward with left foot (Step left foot forward, bring right foot to left, step left foot forward)

Repeat above 8 counts

Step, Turn Kick, Coaster Step, Step, Hitch, Step, Lock, Step

- 1-2 Step forward onto right foot, ½ turn left and kick left foot forward
3&4 Coaster step (step back on left foot, bring right foot to left, step forward left foot)
5-6 Step forward onto right foot, hitch left foot
7&8 Step forward onto left foot, lock right foot behind left, step forward onto left foot

**Repeat above 8 counts then continue onto the middle of the dance starting with count *17 which is.....
Step, Hitch, Coaster Step, Step, Hitch Turn, Out and Cross.**

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