

Crank It Up

拍數: 40 牆數: 4 級數: Improver
編舞者: Maria Maag (DK) - May 2018
音樂: Crank It Up (feat. Sherry St. Germain) - Hipjoint



Intro: 24 counts (approx sec into track, start on the word RED)

Ending: On wall 7, after 24 counts (facing 3:00) make a sharp ¼ turn L stepping R to R (1)

[1 – 8] Side R together L, side together fw. R, Side L together R, chasse ¼ L

1-2 Step R to R (1), step L next to R (2) 12:00
3&4 Step R to R (3), step L next to R (&), step fw. R (4) 12:00
5-6 Step L to L (5), step R next to L (6) 12:00
7&8 Step L to L (7), step R next to L (&), ¼ L stepping down L (8) 09:00

[9 – 16] Step ½ turn L, shuffle ½ turn L, coaster step back L, walk R walk L

1-2 Step fw. R (1), ½ turn L stepping down L (2) 03:00
3&4 ¼ L stepping R to R (3), step L next to R (&), ¼ L stepping back R (4) 09:00
5&6 Step back L (5), step R next to L (&), step fw. L (6) 09:00
7-8 Walk fw. R (7). walk fw. L (8) 09:00

[17 – 24] Kick behind side cross, kick behind side cross, out out in in

1&2& Kick R fw. (1), cross R behind L (&), step L to L (2), cross R over L (&) 09:00
3&4& Kick L fw. (3), cross L behind R (&), step R to R (4), cross L over R (&) 09:00
5-6 Out R diagonally R (5), out L diagonally L (6) 09:00
7-8 In R (7), in L (8) 09:00

[25 – 32] Side stomp R swivel L in stomp, side stomp L swivel R in stomp, rocking chair R

1&2& Stomp R to R (1), swivel L heel in (&), swivel L toe in (2), stomp up L next to R (&) 09:00
3&4& Stomp L to L (3), swivel R heel in (&), swivel L toe in (4), stomp up R next to L (&) 09:00
5-6 Rock fw. R (5), recover L (6) 09:00
7-8 Rock back R (7), recover L (8) 03:00

[33 – 40] Jazz box ¼ R jazz box ¼ R, step flick step flick side together

1&2& Cross R over L (1), 1/8 R stepping back L (&), 1/8 R stepping R to R (2), step L next to R (&) 12:00
3&4& Cross R over L (3), 1/8 R stepping back L (&), 1/8 R stepping R to R (4), cross L over R (&) 03:00
5&6& Step R to R (5), flick L behind R (&), step L to L (6), flick R behind L (&) 03:00
7-8 Big step R to R (7), step L next to R (8) 03:00

Have fun and Enjoy...:-)

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