

Crank It Up

拍數: 32 牆數: 2 級數: Low Intermediate
編舞者: Cheri Litzenburg (USA) - August 2020
音樂: Crank It Up - Colt Ford



Intro: 32

STEP HIP SWIVEL, COASTER STEP TWICE

1&2 Step right forward, swivel heels right (raise right hip), swivel heels to center
3&4 Step right back, step left beside right, step right forward
5&6 Step left forward, swivel heels left (raise left hip), swivel heels to center
7&8 Step left back, step right beside left, step left forward

ROCK FORWARD, 1/2 TURN SHUFFLE, ROCK FORWARD, COASTER CROSS

1-2 Rock right forward, recover to left
3&4 Turn 1/2 right and shuffle forward right-left-right
5-6 Rock left forward, recover to right
7&8 Step left back, step right together, cross left over

Restart here on wall 4

GRAPEVINE RIGHT, TURNING GRAPEVINE LEFT

1-4 Step right, step left behind right, step right, touch left together
5-8 (Make a full turn to left) Step left, step right behind left, step left, touch right together
(the turn is 3 counts, 5,6,7 touching right beside the left is 8)
(NOTE: if you don't want to turn on counts 5-8 do a grapevine with no turn)

TOUCH, TOUCH, SAILOR; TOUCH, TOUCH, SAILOR

1-2 Touch right forward, touch right side
3&4 (Right sailor step) Step right behind left, step left to side, step right to side
5-6 Touch left forward, touch left side
7&8 (Left sailor step) Step left behind right, step right to side, step left to side

REPEAT

RESTART On wall 4

Dance 16 counts and restart

TAG After wall 9

1-4 Rock right forward, recover to left, rock right back, recover to left

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