

I'm Going Crazy

拍數: 32 牆數: 2 級數: Easy Improver
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音樂: Deep End - Joey Adams



[1-8] Walk Fwd R&L, Kick Ball Step R, Step Turn ¼ R, Cross Shuffle R

- 1- 2) Walk forward R-L
3& 4) « Kick ball step » : RF kick forward , RF next to LF, LF forward
5- 6) « Step turn ¼ » : RF forward (on RF), ¼ turn L (on LF) 9H
7& 8) « Cross shuffle » : cross RF in front of LF, LF to L, cross RF in front of LF

[9-16] ¼ Turn R & Back L, ½ Turn R & Fwd R, Rock Step L, Cross L, Sway x3, Hook Fwd R

- 1- 2) ¼ turn R and LF back, ½ turn R and RF forward 12H-6H
3&) « Rock step » (syncopated) : LF to L, recover on RF
4 Cross LR in front of RF
5- 7) « Sway x3 » : RF to R and swing the hips à R-L-R
8 «Hook Fwd » Body weight on LF and lift RF in front of L leg (At the height of the tibia)

[17-24] (Side, Behind, Heel Switches) R&L

- 1- 2) RF to R, LF behind RF
&3&4&) « Heel switches » : RF next to LF, L heel forward, LF next to RF, R heel forward, RF next to LF
5- 6) LF to L, RF behind LF
&7&8&) « Heel switches » : LF next to RF, R heel forward, RF next to LF, L heel forward, LF next to RF

[25-32] Rock Step Fwd R, Full Triple Turn R, Rock Step Fwd L, Coaster Step L

- 1- 2) « Rock Step Fwd » : RF forward, recover on LF
3& 4) « Full Triple turn » : Make a full triple turn with RF to R
5- 6) « Rock Step Fwd » ; LF forward, recover on RF
7& 8) « Coaster Step » : LF back, RF next to LF, LF forward
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