

Crush

拍數: 32 牆數: 4 級數: Beginner
編舞者: Nanny NS (INA) - February 2024
音樂: Crush - Jennifer Paige



Intro = 32 counts

No Tag - 2 Restarts (on wall : 4 ,10 after 16 count)

I. WALK R,L,R , FORWARD MAMBO, BACK R, L, COASTER STEP

1 - 2 - 3 Step Rf Forward , Step Lf Forward , Step Rf Forward
4 & 5 Rock Forward Lf, Recover on Rf, Step Back on Lf.
6 - 7 Step Rf Backward, Step Lf Backward
8 & 1 Step Rf Backward , Step Lf together Rf, Step Rf Forward.

II. SIDE ROCK L, CROSS SHUFFLE, SIDE ROCK WITH SWAY RL , TOUCH

2 - 3 Step Lf to side left, Recover on Rf
4 & 5 Step Lf cross to Rf, Step Rf next to Lf , Step Lf cross to Rf
6 - 7 - 8 Step Rf to side swaying Right, Sway Left , Touch Rf next to Lf (weight on Lf)

III. FORWARD R , PIVOT ¼ TURN LEFT, CROSS R, LINDY L, SIDE SHUFFLE R

1-2 - 3 Step Rf Forward, ¼ turn L to side L (09.00), Step Rf cross to Lf. 4 & 5 : Step Lf to side L,
Step Rf together Lf, Step Lf to side L (weight on L)
6 - 7 Step Back on R, Recover on Lf,
8 & 1 Step Rf to side R, Step Lf together Rf, Step Rf to side R

IV. ROCK FORWARD, COASTER STEP, FORWARD R, PIVOT ½ TURN L, TOUCH

2 - 3 Step Lf to Forward, Recover ol Rf.
4 & 5 Step Lf Backward, Step Rf together Lf, Step Lf Forward
6 - 7 - 8 Step Rf Forward, Step 1/2 turn Left, Touch Rf on Lf (Weight on Lf) (03.00)

Happy Dancing and enjoy the dance!!

NNS

Email : nannyngaeran@yahoo.com