

Totally Crazy

拍數: 32 牆數: 4 級數: Improver
編舞者: Johnny Martinez (USA) - February 2024
音樂: Man! I Feel Like A Woman! (Real Hypha Remix) - Shania Twain



Intro: 8 counts - dance starts after Shania says "Let's go girls"

[1-8] Step right, L behind, switch left heel, right touch. Step right, L behind, switch left heel, right touch.

1-2 R foot steps to right on 1, L foot steps behind R on 2.
&3&4 Weight switches back to R foot on &, L heel kicks out to the left on 3. Hop back to L foot on &, bring R toe touch back together on 4.
5-6 R foot steps to right on 5, L foot steps behind R on 6.
&7&8 Weight switches back to R foot on &, L heel kicks out to the left on 7. Hop back to L foot on &, bring R toe touch back together on 8.

[9-16] Syncopated pony steps backwards, L,R,L,R, bounce 1/2 turn over L shoulder drop, bounce 1/2 turn over R shoulder drop.

&1&2&3&4 Weight shift to R foot on & L toe touch on 1, Weight shift to L foot on & R toe touch on 2, Weight shift to R foot on & L toe touch on 3, Weight shift to L foot on & R toe touch on 4.
5,6,7,8 Slight hop and 1/2 turn on balls of feet over L shoulder with hands going up and over on 5, drop on 6. Slight hop and 1/2 turn on balls of feet over R shoulder with hands going up and over on 7, drop on 8.

[17-24] Wizard step on R, then Shuffle L, L heel, R heel, L toe, R touch.

1&2 Wizard step forward on your R foot (R,L,R)
3&4 Shuffle step to the left (L,R,L)
&5&6 Weight transfer to R foot on &, L heel forward on 5. Weight transfers to L foot on &, R heel forward on 6.
&7&8 Step slightly forward on R foot on &, L toe touches behind Right heel on 7. Weight back to L foot on &, R toe touch back together on 8.

[25-32] Walk 3/4 circle over R shoulder, R,L,R,L then shake it right, and shake it left.

1,2,3,4 3/4 circle walk over R shoulder to 9 o'clock wall, R,L,R,L.
5&6, 7&8 Step out to R and shake hips twice to R on 5&6, shake hips twice to L on 7&8.

TAG: 16 count tag after walls 3 and 7, just before walls 4 and 8 (Both 3 o'clock wall).

[1-8] 360 turn: Step forward on R, hips 1/4 roll L. Step forward on R, hips 1/4 roll L. Step forward on R, hips 1/4 roll L. Step forward on R, hips 1/4 roll L.

1,2 Step forward on R foot on 1, push hips back and roll around 1/4 turn to the L on 2.
3,4 Step forward on R foot on 3, push hips back and roll around 1/4 turn to the L on 4.
5,6 Step forward on R foot on 5, push hips back and roll around 1/4 turn to the L on 6.
7,8 Step forward on R foot on 7, push hips back and roll around 1/4 turn to the L on 8.

[9-16] V-step, R,L, back together, point R, point L, point R, R hitch.

1,2,3,4 V-step starting with R foot, R out, L out, then back together.
5&6&7,8 Point R on 5, R recover on &, point L on 6, L reciver on &, point R on 7, hitch R on 8.

Last Update - 14 Feb. 2024 - R1