I Ain't Crazy

拍數: 32

級數: Improver

編舞者: Mary Pentangelo (USA) - June 2024

音樂: I Ain't Crazy - Erin Kinsey

Intro is 16 counts - Starts with right foot, weight on left

[1-8] Lock Steps, Skates

- 1-2 RF step forward at RT diagonal, LF steps behind RF
- 3&4 RF step forward, LF steps behind RF, RF step forward,

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- 5-6 LF skate left, RF skate right
- 7&8 LF skate left, RF skate right, LF skate left

[9-16] Rock, Heel Switches, Walk, Walk, Tap ¾ish Turn Hitch

- 1-2 RF rocks forward at left diagonal, Recover on LF
- &3&4 RF steps next to LF, LF heel tap, LF steps next to RF, RF heel tap
- 5-6 RF step backwards, LF step backwards
- 7&8 RF tap toe behind you twice for 7&, 3/4ish turn to 3 o'clock wall over right shoulder with RF hitch

[17-24] Points, Coaster Step, Side Rock, Double Shuffle

- &1-2 RF steps next to LF, LF point side and then point LF front
- 3&4 LF Coaster Step (LF steps back, RF steps next to LF, LF steps forward)
- 5-6 RF rock side, recover on LF
- 7&8 RF cross over left for double shuffle step towards the left

[25-32] Stomp Kick, Coaster Step, Walk, Walk, Heel Swivels, 1/4 Turn Hitch

- 1-2 LF Stomp next to RF and then kicks out with a ¼ turn over left shoulder to 12 o'clock
- 3&4 LF Coaster Step (LF steps back, RF steps next to LF, LF steps forward)
- 5-6 RF steps forward, LF stomps next to right
- 7&8 Both Heels swivel left, center, left again with a ¼ turn over right shoulder and RF hitch to 3 o'clock

*Optional restart on Wall 3 after 28 counts. The way it's choreographed, the dance syncs back with the song again after the bridge.)

Thank you for checking out my dance!

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