

Kinda Crazy

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Jennifer Pasley-Smith (USA)
音樂: Ooh It's Kinda Crazy - Soul Decision



RIGHT TOUCH FRONT, LEFT TOUCH FRONT, RIGHT TOUCH FRONT, KNEE POP, LEFT TOUCH FRONT, RIGHT TOUCH FRONT, LEFT TOUCH FRONT, KNEE POP

1&2& Touch right front, step right beside left, touch left front, step left beside right
3&4& Touch right front, lift heels off floor bending knees, replace heels, step right beside left
5&6& Touch left front, step left beside right, touch right front, step right beside left
7&8& Touch left front, lift heels off floor bending knees, replace heels, step left beside right

TOUCH RIGHT FRONT, PIVOT ¼-RIGHT/ RIGHT HIP, LEFT HIP, RIGHT HIP, BALL-TOUCH RIGHT FRONT, PIVOT ¼-RIGHT/ RIGHT HIP, LEFT HIP, RIGHT HIP

9 Touch right front,
10-12 Pivot ¼-turn right while shifting weight to right and pushing hip right, push hip left, push hip right
&13 Step left back, touch right front
14-16 Pivot ¼-turn right while shifting weight to right and pushing hip right, push hip left, push hip right

TOUCH RIGHT, TOUCH LEFT, CROUCH, SHIFT WEIGHT LEFT INTO LUNGE, TOUCH LEFT, TOUCH RIGHT, CROUCH, SHIFT WEIGHT RIGHT INTO LUNGE

&17&18 Step left beside right, touch right to right, step right beside left, touch left to left
19-20 Bend knees while shifting weight to left, straighten legs into right lunge (feet stay in place during these steps)
&21&22 Step right beside left, touch left to left, step left beside right, touch right to right
23-24 Bend knees and while shifting weight to right, straighten legs into left lunge

Keep hands on thighs during this 8-count and make all side-touches into lunges. That is, move upper body in opposite direction of the touch. E.g. Touch right to right, lean upper body left

JUMP BACK, CLAP, JUMP BACK, CLAP/ BRUSH, WALK, WALK, WALK, CLAP-CLAP/ STEP OUT

&25-26 Step left beside right, step right back, clap
&27-28 Step left beside right, step right back, shift weight forward/ clap/ brush right beside left
29-31 Step right forward, step left forward, step right forward
&32 Clap, clap while stepping left to left

REPEAT