

Make Me Crazy

拍數: 40 牆數: 4 級數: Improver
編舞者: Nancy Morgan (USA)
音樂: Man! I Feel Like a Woman! - Shania Twain



GRIND HEEL, COASTER STEP, GRIND HEEL, COASTER STEP

1-2 Put right heel forward as you grind the right heel from left to right
3&4 Step back on right, back on left, forward on right
5-6 Put left heel forward as you grind the left heel from right to left
7&8 Step back on left, back on right, forward on left

VINE TWO, STEP HEEL AND CROSS, VINE TWO, STEP HEEL AND CROSS

1-2 Step forward on right, step left behind right
&3&4 Step right foot to right side, put left heel forward, step back on left, cross right over left
5-6 Step forward on left, step right behind left
&7&8 Step left foot to left side, put right heel forward, step back on right, cross left over right

VINE TWO, SHUFFLE FORWARD ¼ TURN, STEP, PIVOT ½ TURN, FULL ROLLING SHUFFLE TURN

1-2 Step forward on right, step left behind right
3&4 Shuffle forward ¼ turn to your right (right, left, right)
5-6 Step forward on left, turn ½ turn to your right (weight is on right)
7&8 While turning in a full turn - shuffle forward (left, right, left)

For further explanation of steps 7&8: step back on left ½ turn to right, (pivoting on ball of left foot) step forward on right ½ turn to your right, step forward on left

For beginners: shuffle forward (left, right, left)

FORWARD ROCK, BACK ROCK, ½ TURN, ½ TURN

1-2 Rock/step forward on right and back on left
3-4 Rock/step back on right and forward on left
5-6 Step forward on right, turn ½ turn to your left
7-8 Step forward on right, turn ½ turn to your left

STEP OUT, OUT, IN, IN, CROSS, UNWIND, STOMP FORWARD TWICE, LIFT TOES OFF FLOOR AND RETURN

&1 Step right foot forward and out to right side, step left out to left side
&2 Step right foot in towards center of your body, step left foot next to right
3-4 Cross right over left, turn ½ turn to your left
5-6 Stomp right foot forward, stomp left foot next to right
7-8 Lift both toes off floor and have toes pointing to 11:00 and 2:00, drop toes to floor

REPEAT