

Crazy Dance

COPPER KNOB
STEPSHEETS

拍數: 56 牆數: 4 級數: Intermediate
編舞者: Brenda Sprader (USA)
音樂: Crazy Train (Dance Mix) - Ozzy Osbourne



RIGHT SIDE ROCK, RIGHT SHUFFLE FORWARD

1-2 Rock right foot to right side, recover on left
3&4 Shuffle forward right, left, right

LEFT SIDE ROCK, LEFT SHUFFLE FORWARD

5-6 Rock left foot to left side, recover on right
7&8 Shuffle forward left, right, left

KICK RIGHT, STEP OUT RIGHT, STEP OUT LEFT, SWIVEL LEFT, SWIVEL CENTER

1 Kick right foot forward
&2 Step right foot out to right side, step left foot out to left side
3-4 Swivel both heels to the left, swivel both heel back to center

STEP RIGHT SIDE, STEP TOGETHER, STEP RIGHT SIDE STEP TOGETHER

5-6 Step right to right side, step left next to right
7-8 Step right to right side, step left next to right

HEEL SWITCHES, BOUNCES WITH ¼ TURN LEFT, HIP SWING

1&2 Place right heel forward, step right foot home, place left heel forward
&3-4 Step left foot home, place right heel forward, slap right foot flat (snap too)
5-6 Bounce on heels and turn 1/8 left, bounce on heels and turn 1/8 left (¼ turn left)
7-8 Swing hips to the right, swing hips to the left

RIGHT CROSS SHUFFLE, VINE, ¼ TURN LEFT, BODY ROLL

1&2 Crossing right over left shuffle right, left, right to left side
3-4 Step left to left side, step right behind left
5-6 Point left to left side, turn ¼ left as you sit onto you right leg (bend right, left straight)
7-8 Body roll up keeping weight on right foot

KICK & POINT, KICK & POINT, KICK LEFT CROSS, BOUNCE & UNWIND ½ RIGHT

1&2 Kick left foot forward, step left foot home, point right to right side
3&4 Kick right foot forward, step right foot home, point left to left side
5-6 Kick left foot forward, cross left foot over right foot
7-8 Bounce heels and turn a ¼ right, bounce heels and turn a ¼ right (unwinding ½ right)

STEP BACK LEFT, CROSS RIGHT, SIDE SHUFFLE LEFT, ROCK BACK, SHUFFLE TURN ½ LEFT

1-2 Step back on left foot, step right crossed in front of left
3-4 Shuffle left side left, right, left (side together side)
5-6 Rock back on right foot, recover on left
7-8 Shuffle forward right (right, left, right) turning ½ turn left

STEP BACK LEFT, CROSS RIGHT, SIDE SHUFFLE LEFT, ROCK BACK, SHUFFLE TURN ½ LEFT

1-2 Step back on left foot, step right crossed in front of left
3-4 Shuffle left side left, right, left (side together side)
5-6 Rock back on right foot, recover on left
7-8 Step forward right, ¼ turn left

REPEAT
