

Crossed Up

拍數: 40 牆數: 4 級數: Improver social cha
編舞者: Patti Sopata (USA)
音樂: Down and Dirty - Shannon McNally



STEP FORWARD, SWEEP ½ RIGHT, SIDE ROCK CROSS, BACK LOCK STEP, HIP BUMPS

- 1-2 Step right foot forward, sweeping ½ turn to right on ball of right foot touching left foot beside right
- 3&4 Rock to side on left foot, recover weight onto right foot, cross left over right foot
- 5&6 Step back on right foot locking left foot in front of right foot, step back on right foot
- 7-8 Step left foot forward bumping left hip forward, step right foot back bumping right hip backward, (weight ends on right foot. This is a swaying motion) (6:00)

STEP, SWEEP ½ LEFT, SIDE ROCK CROSS, BACK LOCK STEP, HIP BUMPS

- 1-2 Step left foot forward, sweeping ½ turn to left on ball of left foot, touching right foot beside left foot
- 3&4 Rock to side on right foot, recover weight onto left foot, cross right over left foot
- 5&6 Step back on left foot locking right foot in front of left foot, step back on left foot
- 7-8 Step right foot back bumping right hip backward, step left foot forward bumping left hip forward (weight ends on left foot. This is a swaying motion) (12:00)

CROSSING SHUFFLE, SIDE ROCK, CROSSING SHUFFLE, ¼ TURNS LEFT

- 1&2 Crossing shuffle to left, stepping right, left, right
- 3-4 Rock to side on left foot, recover weight onto right foot
- 5&6 Crossing shuffle to right, stepping left, right, left
- 7-8 Turn ¼ to left stepping back on right foot, turn ¼ to left stepping on left foot, (these execute a ½ turn) (6:00)

CROSSING SHUFFLE, ¼ LEFT FLICK, SHUFFLE BACK, ROCK RECOVER

- 1&2 Crossing shuffle to left, stepping right, left, right
- 3-4 Point left toe out to side, turning ¼ to left on ball of right foot, flick left foot forward
- 5&6 Shuffle back left, right, left
- 7-8 Rock back onto right foot, rock forward onto left foot (3:00)

FORWARD SHUFFLE, PIVOT ½ RIGHT, FORWARD SHUFFLE, PIVOT ½ LEFT

- 1&2 Shuffle forward right, left, right
- 3-4 Step forward onto left foot, turn ½ to right, stepping onto right foot
- 5&6 Shuffle forward left, right, left
- 7-8 Step forward onto right foot, turn ½ to left, stepping onto left foot (3:00)

REPEAT