

Crossroads

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Emma Nickson (UK) & Daniel Griffiths (UK)
音樂: Overprotected - Britney Spears



Start 2 counts after the word "action"- on the words "Say Hello"

KICK AND POINT, VAUDEVILLE RIGHT, CROSS, UNWIND, SHUFFLE BACK

1&2 Kick right foot diagonally forward, replace right foot next to left, point left toe to left side
3&4 Cross left foot over right, step right foot to right side, touch left toe forward
&5-6 Step weight onto left foot, cross right over left, unwind $\frac{3}{4}$ turn left leaving weight on right
7&8 Shuffle back, left, right, left

WALK BACK TWICE, COASTER STEP, STEP, TWIST AND TWIST, POINT BEHIND

1-2 Walk back right and left
3&4 Right coaster step back, right, left, right
5 Step left foot forward
6&7 Twist heels left, right, left turning $\frac{1}{2}$ right
8 Sweep right foot from in front of left to behind your left foot (no weight)

STEP AND ROCK TWICE, TOUCH AND STEP TWICE

1&2 Step right foot to right side, rock back left, recover weight onto right foot
3&4 Step left foot to left side, rock back right, recover weight onto left foot
5&6 Touch right foot forward- beginning to roll right knee out, touch right foot in place completing knee roll, step weight forward onto right
7&8 Touch left foot forward- beginning to roll left knee out, touch left foot in place completing knee roll, step weight forward onto left

KICK AND POINT, STEP BACK $\frac{1}{4}$ TURN, TOUCH, SIDE ROCK CROSS, SIDE SHUFFLE

1&2 Kick right foot forward, step weight onto right next to left, point left toe to left side
3-4 Step left foot back into a $\frac{1}{4}$ turn left, touch right toe next to left
Option: snake roll right- turning a $\frac{1}{4}$ turn left leaving weight on left on 3&4
5&6 Rock weight onto right stepping right out to right side, recover weight onto left, step right foot over left

Option: snake roll right and cross

7&8 Side shuffle left, left, right, left

ROCK AND SLIDE TWICE, SIDE ROCK CROSS, SIDE, BEHIND, SIDE TURN $\frac{1}{4}$

1&2 Rock right foot behind left, and recover left, slide right to right side
3&4 Rock left foot behind right, and recover right, slide left to left
5&6 Side rock left foot to left side, recover right, cross left over right
&7&8 Step right to right side, step left behind right, step right to right side, step left forward into $\frac{1}{4}$ turn right

STEP, TWIST AND TWIST, ROCK AND STEP TWICE, CROSS

1 Step right foot forward
2&3 Twisting heels, right, left, right turn $\frac{1}{2}$ left
4&5 Rock left foot behind right, recover weight onto right foot, step left foot to left side
6&7 Rock right foot behind left, recover weight onto left foot, step right foot to right side
8 Cross left foot in front of right

REPEAT

The music has a lot of heavy beats, especially verse 3 which is very jerky. We suggest that all the foot work goes dead on the beat while using your whole body to emphasize the strength of some counts. For example, on the last 2 counts, of each phase, rise your shoulders as you step your right foot to the right on 7, then drop your shoulders on count 8
