

Crush

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Jacquie Berkhout
音樂: Crush - Jennifer Paige



SYNCOPATED OUT & OUT, IN & IN, OUT & OUT, IN & TAP

&1&2 Step left to left side, step right to right side, step left to center, step right to center
&3&4 Step left to left side, step right to right side, step left to center, tap right behind left

SYNCOPATED HEEL TAPS, CROSS, UNWIND

1&2& Tap right heel forward, step right beside left & tap left heel forward, step left beside right
3-4 Cross/touch right over left, unwind ½ turn left (weight stays on left)

SYNCOPATED HEEL TAPS, CROSS, UNWIND

1&2& Tap right heel forward, step right beside left & tap left heel forward, step left beside right
3-4 Cross/touch right over left, unwind ½ turn left (weight stays on left)

HIP BUMPS-TWICE RIGHT, TWICE LEFT

1&2 Bump/sway hips right, bump hips right
3&4 Bump/sway hips left, bump hips left

TURN/HEEL, HOLD/CLAP & HEEL, HOLD, CLAP (CAMELS)

&1-2 Step onto right turning ¼ left, step left heel forward, hold with clap
&3-4 (Dropping left toe) slide right up to left, step left heel forward, hold with clap

STEP ½ TURN, STEP FORWARD, TOUCH

1-2 (Dropping left toe) step forward on right, pivot ½ turn left placing weight on left
3-4 Step forward on right, touch left toe beside right, (left knee is bent with heel up)

SYNCOPATED KNEE POPS, RIGHT, LEFT, RIGHT-LEFT-RIGHT

1-2 Switch to bend right knee, switch to bend left knee
3&4 Switch knees right-left-right

SYNCOPATED KNEE POPS, LEFT, RIGHT, LEFT-RIGHT-LEFT

1-2 Switch to bend left knee, switch to bend right knee
3&4 Switch knees left-right-left (weight ends on right foot)

REPEAT
