

# 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

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