

Crush

拍數: 56 牆數: 2 級數: ntermediate
編舞者: James "JP" Potter (USA)
音樂: Crush - Jennifer Paige



ROCK; STEP/DRAG; ROCK; STEP/DRAG

1-2 Rock right across left; replace weight to left foot
3-4 Step right to right side; drag left towards right
5-6 Rock left across right; replace weight to right foot
7-8 Step left to left side; drag right towards left

CROSS; UNWIND FULL TURN; STEP RIGHT; CROSS BEHIND & CROSS; ¼ LEFT; ½ LEFT; ¼ LEFT ROCK

1-2 Cross right over left; unwind full turn to the left
3-4 Step right to right side; cross left behind right
&5-6 Step right to right side; cross left over right; step right to right side into a ¼ turn left
7-8 Step left back into a ½ turn left; rock right forward into a ¼ turn left (stopping right momentum)

STEP; HOLD; & ROCK ROCK; & CROSS; ¼ LEFT; STEP BACK

1-2 Step left to left side; hold
&3-4 Step right next to left; rock left foot to left side; replace weight to right
&5-6 Step left slightly back; cross right over left; hold
7-8 Step left to left side into ¼ turn right; step back right

& TOGETHER; STEP; KICK; TOUCH SIDE; ¼ TURN RIGHT; ¼ TURN LEFT; & ROCK; STEP

&1-2 Step back with left; step right next to left; step forward left
3-4 Kick right across left; point right toe to right side (leg straight)
5-6 Pivot ¼ turn right (weight stays on left, right leg should be slightly bent); pivot ¼ turn left (weight still on left, right leg straight again)
&7-8 Rock right to right side; replace weight to left; step forward right

POINT FORWARD; POINT SIDE; & ROCK; STEP; SWEEP FORWARD; SWIVEL; SWIVEL; SNAP

1-2 Point left toe forward; point left toe to left side
&3-4 Rock back with left; replace weight to right; step forward left
5-6 Sweep right forward ending with right in front ending with weight on the balls of both feet
&7-8 Swivel right heel to right and left heel to left; bring both heels center; snap fingers while moving arms down

& ROCK; CROSS; ¼ TURN RIGHT; ½ TURN RIGHT; ½ TURN RIGHT; STEP BACK; & STEP; STEP

&1-2 Rock right to right side; replace weight to left; cross right over left
3-4 Step left to left side into ¼ turn right; step back with right into ½ turn right
5-6 Step forward with left into ½ right; step back with right
&7-8 Step left next to right; step forward right; step forward left

STEP, HOLD; & ROCK, STEP; STEP, HOLD; & ROCK, STEP

1-2 Step right forward; hold
&3-4 Rock left to left side; replace weight to right; step forward left
5-6 Step right forward; hold
&7-8 Rock left to left side; replace weight to right; step forward left

REPEAT

When danced to the preferred song, start the dance 8 counts after the vocals or start on the vocals but don't start with the beginning of the dance. Instead, start with the last 8 counts. This way you can start with the vocals but still actually start the dance 8 counts into the vocals.
