

Crush

拍數: 32 牆數: 4 級數: Improver
編舞者: Masters In Line (UK)
音樂: Crush - Nadine Somers



2 WALKS, FULL TURN SPIRAL, SHUFFLE, STEP ¼ LEFT WITH SWEEP, CROSS SHUFFLE

1-2 Step forward on right, step forward on left
3 Unwind full turn to right on ball of left foot
4&5 Step forward on right, step left next to right, step forward on right
6-7 Step forward on left, make ¼ turn left sweeping right foot round to in front of left
8&1 Cross right over left, step left to left side, cross right over left

LEFT SIDE ROCK, BEHIND SIDE CROSS, RIGHT SIDE ROCK, BEHIND ¼ TURN, STEP FORWARD

2-3 Rock left foot to left side, recover weight onto right
4&5 Cross left behind right, step right to right side, cross left over right
6-7 Rock right foot to right side, recover weight onto left
8&1 Cross right behind left, make ¼ turn left stepping forward on left, step forward on right

KICK STEP TOUCH, RIGHT SHUFFLE, ¼ TURN LEFT, SKATE TWICE, ¼ LEFT SHUFFLE

2&3 Kick left foot forward, step back on left, touch right toe next to left
4&5 Step forward on right, step left next to right, step forward on right
&6-7 Make ¼ turn left on ball of right (&), skate left to left side, skate right to right side
8&1 Make ¼ turn left stepping forward on left, step right next to left, step forward on left

STEP ¾ PIVOT LEFT, RIGHT CHASSE, STEP TOGETHER TWICE, SIDE, COASTER STEP

2-3 Step forward on right, pivot ¾ turn left (weight ending on left)
4&5 Step right to right side, step left next to right, step right to right side
6&7 Step left next to right, step right foot in place, step left to left side
8& Step back on right, step left next to right

REPEAT
