

# Crushed

**COPPER KNOB**  
STEPPERS

拍數: 64      牆數: 2      級數: Improver  
編舞者: Jan Wyllie (AUS)  
音樂: Still Got a Crush on You - Ollie Austin



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## STEP LOCK, STEP SCUFF, STRUT FORWARD LEFT, RIGHT

1-2-3-4      Step forward on right, lock/step left behind right, step forward on right, scuff left forward  
5-6-7-8      Strut forward left, right

## ROCK RETURN, STEP HOLD, ¼ ROCK RETURN, STEP ACROSS HOLD

9-10-11-12      Rock/step forward on left, rock back on right, step back on left, hold  
13-14      Making ¼ right rock/step right to right side, rock weight sideways onto left  
15-16      Step right across left, hold

## SIDE ROCK RETURN, STEP ACROSS HOLD, ¼ ROCK RETURN, STEP HOLD

17-18      Rock/step left to left, rock weight sideways onto right  
19-20      Step left across right, hold  
21-22      Making ¼ right rock step forward on right, rock back on left  
23-24      Step back on right, hold

## TOE STRUT BACK LEFT RIGHT, TOUCH TOE BACK HOLD, BRISK ¼ LEFT HOLD

25-26-27-28      Toe strut back left, right  
29-30      Touch left toe straight back, hold  
31-32      Make a brisk ¼ turn left transferring weight to left, hold

## CROSS/ROCK RETURN, SIDE STEP HOLD, CROSS TOE STRUTS LEFT, RIGHT

33-34-35-36      Cross/rock right over left, rock back on left, step right to right, hold  
37-38-39-40      Cross toe strut left over right, toe strut right to right

## SAILOR STEP HOLD, ¼ SAILOR STEP HOLD

41-42-43-44      Step left behind right, step right to right, step left to left (sailor step), hold  
45-46-47-48      Step right behind left, making ¼ right step left beside right, step forward on right, hold

## HEEL STRUT STOMP HOLD, TWIST TWIST TWIST

49-50-51-52      Heel strut forward on left, stomp right beside left, hold  
53-54-55-56      Twist heels to right, twist toes to right, twist heels to right, hold

## TWIST TWIST TWIST, STEP BACK TOUCH HEEL FORWARD, STEP SCUFF

57-58-59-60      Twist heels to left, twist toes to left, twist heels to left, hold  
61-62-63-64      Step back on right, touch left heel forward, step forward on left, scuff right forward

**REPEAT**

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