

Crushed

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



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
