

Crutches!

拍數: 64 牆數: 2 級數: Improver
編舞者: Colin Smith (UK)
音樂: Uninvited Memories - Redfern & Crookes



- 1-2 Step right to right, kick left over right
3-4 Step left to left, kick right over left
5&6 Right coaster step
7-8 Step forward left, pivot ½ turn to right
- 1-6 Repeat 1-6 with left foot lead
7-8 Step forward right, pivot ¼ turn to left
- 1-2 Rock forward right, recover on to left
3&4 Right coaster step
5-6 Rock forward left, recover on to right
7&8 Left coaster step
- 1-2 Step right to right grinding heel, step left next to right
3-4 Repeat 1-2
5-6 Repeat 1-2
7-8 Step forward right, pivot ½ turn to left
- 1-2 Step right to right, step left behind right
&3&4 Step right to right, dig left heel forward, step left in place, cross right over left
5-8 Repeat 1-4 with left foot lead
- 1-2 Rock right to right, recover on to left
3&4 Step right over left, step left to left, step right over left
5-6 Rock left to left, recover on to right turning ¼ to left
7&8 Left coaster step
- 1-2 Step forward right, pivot ½ turn to left
3-4 Repeat 1-2
5-8 Grapevine to right with touch
- 1-4 Rolling grapevine to left with touch
5-8 Bump hips right, left, right, left

REPEAT

OPTIONAL ENDING

The music finishes on count 21. Dance to 17-18, then touch right toe back, unwind ¾ turn to right and strike a pose!