

Going Crazy

COPPER KNOB
STEPSHEETS

拍數: 128
編舞者: Mayee Lee (MY) - June 2012
音樂: Crazy - TEEN TOP

牆數: 1

級數: Phrased Intermediate - K-Pop



Special dedicated to my assistants and my lovely students for being with me all the time....cheers for our friendship...

Intro: Start after 36 counts - Sequence: ABB - ABB - ABC

Part A (64 counts)

Section 1: Jump To R, Touch, Side, Hold, Hip Roll, Chest Bump To L&R

&1, 2, 3, 4 Jump Rt to Rt(&), touch Lt beside Rt(1), step Lt to Lt(2), hold 3 - 4

(handstyling: lift up your Rt elbow(&-1), bend your Rt hand in(2), roll both fist in front (3-4))

5, 6, 7, 8 Hip roll upward(5-6), hold 7-8 (raise up both elbow, do chest bump to L & R(7-8))

Section 2: Side, Hold, Pop Knee R & L, Side, Recover, Hip Bump RLR

1, 2, 3, 4 Step Lt to Lt(1), hold(2), step Rt to Rt pop Lt knee to Rt(3), step Lt to Lt pop Rt knee to Lt(4)

(continue with Sec 1 counts 7-8, do chest bump to Lt(1-2))

5, 6, 7&8 Step Rt to Rt(5), recover to Lt(6), bump hip to Rt Lt Rt(7&8)

Section 3: Jump To L, Touch, Side, Hold,, Hip Roll, Chest Bump To L&R

&1, 2, 3, 4 Jump Lt to Lt(&), touch Rt beside Lt(1), step Rt to Rt(2), hold 3 - 4

(hand styling: lift up your Lt elbow(&-1), bend your Lt hand in(2), roll both fist in front (3-4))

5, 6, 7, 8 Hip roll upward(5-6), hold 7-8 (raise up both elbow, do chest bump to L & R(7-8))

Section 4: Side, Hold, Pop Knee R & L, Side, Recover, Hip Bump RLR

1, 2, 3, 4 Step Lt to Lt(1), hold(2), step Rt to Rt pop Lt knee to Rt(3), step Lt to Lt pop Rt knee to Lt(4)

(continue with Sec 1 counts 7-8, do chest bump to Lt(1-2))

5, 6, 7&8 Step Rt to Rt(5), recover to Lt(6), bump hip Rt Lt Rt(7&8)

Section 5: Back, Cross, Hold, R Out, L Out, Hold, Hip Rolling, Jump Together

& 1, 2 Drag Rt behind Lt(&), cross Lt over Rt(1), hold(2)

& 3, 4 Step Rt out(&), step Lt out(3), hold(4)

5, 6, 7, 8 Hip roll follow clockwise(5-7), jump both feet together(8)

Section 6: L Forward , Potato Steps, Jump Apart & Squat, Hold, Move Forward Twice

&1, 2, 3, 4 Step Lt forward(&), twist both heels in(1), twist both heels out(2), step Lt back & twist both heels in(3), twist both heels out(4)

5, 6, 7, 8 Jump both feet apart & squat down(5), hold(6), slightly jump & move both feet forward twice(7-8)

Section 7: Side, Together, Hold x 2, Side, Hold, Transfer Weight To L&R

1, 2, 3, 4 Step Rt to Rt(1), Lt together Rt(2), Hold(3-4) (pop both shoulder out, in, out(2-4))

5, 6, 7, 8 Step Rt to Rt & push shoulder to Rt(5), hold(6), recover on Lt(7), transfer weight to Rt(8)

(push shoulder to Lt & Rt(7-8))

Section 8: Side, Together, Hold x 2, Side, Hold, Transfer Weight to R & L

1, 2, 3, 4 Step Lt to Lt(1), Rt together Lt(2), Hold(3-4) (pop both shoulder out, in, out(2-4))

5, 6, 7, 8 Step Lt to Lt & push shoulder to Lt(5), hold(6), recover on Rt(7), transfer weight to Lt(8)

(push shoulder to Rt & Lt(7-8))

Part B (32 counts)

Section 1: Cross, Touch, Step, Jump, Cross, Touch, Step, Jump

- 1, 2, 3, 4 Cross Rt over Lt facing diagonal Lt(1), touch Lt beside Rt(2), step Lt in place facing diagonal to Rt(3), jump both feet together(4)
- 5, 6, 7, 8 Cross Lt over Rt facing diagonal Rt(5), touch Rt beside Lt(6), step Lt in place facing front wall(7), jump both feet together(8)

Section 2: Jump Back Diagonally, Side, Pop Knee, Knee Swivel

- 1, 2, 3, 4 Jump diagonally back on Rt(pop Lt knee)(1), jump diagonally back on Lt(pop Rt knee)(2)

Count 3-4 repeat counts 1-2

- 5, 6, 7&8 Step Rt to Rt(5), pop Lt knee(6), twist Lt knee out, In, Out(7&8)

Section 3: Drag, Cross, Side, Hitch, Step, Cross, Side, Hitch

- 1, 2, 3, 4 Drag Lt behind Rt(1), cross Rt over Lt(2), step Lt to Lt(3), hitch Rt facing diagonally Rt(4)
- 5, 6, 7, 8 Step Rt beside Lt(5), cross Lt over Rt(6), step Rt to Rt(7), hitch Lt facing diagonally Lt(8)

Section 4: Forward, Touch, Back, Together, Out, Out, Push Shoulder

- 1, 2, 3, 4 Step Lt forward(1), touch Rt beside Lt(2), step Rt back(3), step Lt together Rt(4)
- 5, 6, 7, 8 Step Rt out(5), step Lt out(6), transfer weight to Rt & Lt(push shoulder to Rt & Lt(7-8))

Part C (32counts)

Section 1: Shuffling Full Turn R

- 1, 2, 3, 4 Step R fwd 1/8 turn Rt,& hop R back with hitch L(1)(1.30), step L fwd 1/8 turn Rt & hop L back with hitch R(2) (3.00), step R fwd 1/8 turn Rt & hop R back with hitch L(3)(4.30), step L fwd 1/8 turn Rt & hop L back with hitch R(4)(6.00)
- 5, 6, 7, 8 Step R fwd 1/8 turn Rt & hop R back with hitch L(5)(7.30), step L fwd 1/8 turn Rt & hop L back with hitch R(6) (9.00), step R fwd 1/8 turn Rt & hop R back with hitch L(7)(10.30), step L fwd 1/8 turn Rt & hop L back with hitch R(8)(12.00)

Section 2: Jump Apart, Cross, Jump Apart, Cross, Jump x4

- 1, 2, 3, 4 Jump both feet apart(1), cross jump Rt over Lt(2), jump both feet apart(3), cross jump Rt behind Lt(4)
- 5, 6, 7, 8 Jump both feet together (5-8) (Hold your Lt fist up & roll your fist 4 times)

Section 3: Repeat Section 1

Section 4: Repeat Section 2

Please enjoy the dance with your own styling !!!!!

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