

19 and Crazy

拍數: 80 牆數: 2 級數: Intermediate
編舞者: Lu Olsen (AUS) & Marcia Langton (AUS) - September 2012
音樂: 19 and Crazy - Bomshel : (iTunes)



32 count intro – Start on Vocals

[1 – 8] Side, Cross, Side, Replace, Cross shuffle, ½ turn, (Counts 1 – 6 moves slightly fwd)

1, 2, 3, 4 Step R to Right, Cross L over R, Step R to R, Replace L in place,
5 & 6 Cross shuffle R over L stepping R, L, R,
7, 8 ¼ Right turn & step L back, ¼ Right turn & step R beside L 6.00

[9 – 16] Side, Cross, Side, Replace, Cross shuffle, ¼ turn, (Counts 9 – 14 moves slightly fwd)

1, 2, 3, 4 Step L to Left, Cross R over L, Step L to Left, Replace R in place,
5 & 6 Cross shuffle L over R Stepping L, R, L,
7, 8 ¼ Left turn & step R back, Step L to Left 3.00

[17 – 24] R Cross samba, L Cross Samba, Cross, Replace, ¼ turning sailor

1 & 2 Step R across in front of L, Step L to side, Step R to Side
3 & 4 Step L across in front of R, Step R to side, Step L to Side,
5, 6 Cross R over L, Replace onto L,
7 & 8 ¼ Right turning R sailor (R, L, R) 6.00

[25 – 32] Fwd, Twist, Twist, Fwd, Twist Twist, Fwd, ½ turn, Fwd

1, 2, 3, 4 Step L fwd, Twist both heels to Left, Twist both heels to centre, Step R fwd,
5, 6, Twist both heels to Right, Twist both heels to centre,
7, 8 Step L fwd, ** ½ Right turn & step R fwd, 12.00

[33 – 40] Side, kick fwd diag, Behind, Side, Cross, Side, Kick fwd diag, Behind, Side, Touch

1, 2 & 3, 4 Step L to Left, Kick R at fwd 45, Step R behind L, Step L to Left, Cross R over L,
5, 6 & 7, 8 Step L to Left, Kick R at fwd 45, Step R behind L, Step L to Left, Touch R beside L,

[41 – 48] Side, Rock, ½ R turning sailor cross, ½ L turn, ¼ L side, L Sailor

1, 2, Step R to right, Rock L to Left,
3 & 4 ½ Right turning Right Sailor cross (R, L, R) 6.00
5, 6, ½ Left turn & L in place, ¼ Left turn & step R to Right, 9.00
7 & 8 (Left sailor) Step L behind R, Step R to Side, Step L to side,

[49 – 56] Fwd, Back, ½ turning shuffle fwd, Toe Strut ½ turn, ½ turn shuffle fwd

1, 2, Step R fwd, Step back on L,
3 & 4 ½ Right turn & shuffle fwd stepping R, L, R,
5, 6, L toe fwd, ½ Right pivot turn dropping L heel,
7 & 8 ½ Right turn & shuffle fwd stepping R, L, R 3.00

[57 – 64] Fwd, Touch beside, Back diag, Cross, Back Diag, Back Diag, Cross, Back tog

1, 2, 3, 4 Step L fwd, Touch R beside L, Step R back at Right 45, Cross L over R,
5, 6, 7, 8, Step R back at Right 45, Step L back at Left 45, Cross R over L, Step L beside R,

[65 – 72] Side, Replace, ½ hinge, Side shuffle, Cross shuffle, ¼ turn Back, Back,

1, 2 & 3 & 4 Step R to Right, Replace onto L, ½ Right hinge, Side shuffle to Right (R, L, R) 9.00
5 & 6 Cross Shuffle L over R stepping L, R, L
7, 8 ¼ Left turn & step R back, Step L back 6.00

[73 – 80] Fwd, ½ turn back, ½ turn shuffle, Fwd, Back, Coaster Cross

1, 2 Step R fwd, ½ Right turn & step L back,
3 & 4 ½ Right turning shuffle fwd stepping R, L, R,
5, 6, Step L fwd, Rock R back
7 & 8 (L Coaster Cross) Step L back, Step R beside L, Cross L over R 6.00

**** Wall 5: (front) dance to count 31 ** add (no turn) Touch R beside L – Re-start Wall 6 to back (6.00)**

Last Wall 7 – Dance to count 32 then to finish dance - Step L fwd, hold (12.00)

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