

Goin' Crazy

拍數: 48 牆數: 4 級數: Improver
編舞者: Lorna Mursell (UK) & Roz Chaplin (UK) - June 2013
音樂: Goin' Crazy (feat. Robbie Williams) - Dizzee Rascal : (iTunes)



32 Count Intro: Starts on Heavy Beat

PIVOT ½ TURN X 2, KICK & POINT X 2

1-2 Step forward on right, pivot ½ turn left
3-4 Step forward on right, pivot ½ turn left
5&6 Kick right foot forward, step right beside left, point left to left side
7&8 Kick left foot forward, step left beside right, point right to right side

CROSS, BACK, SIDE, SCUFF, CROSS, BACK, ¼ TURN, HOLD

1-2 Cross right over left, step back on to left
3-4 Step right to right side, scuff left forward
5-6 Cross left over right, step back on to right
7-8 Step on to left making a ¼ turn left, hold (9)

CROSS ROCK, CHASSE, CROSS ROCK, CHASSE

1-2 Cross right over left, recover on to left
3&4 Step right to right side, close left beside right, step right to right side
5-6 Cross left over right, recover on to right
7&8 Step left to left side, close right beside left, step left to left side

CROSS, HOLD, & CROSS, HOLD, SIDE ROCK, BEHIND, SIDE, CROSS

1-2& Cross right over left, hold, step left to left side
3-4 Cross right over left, hold
5-6 Rock left to left side, recover onto right
7&8 Cross left behind right, step right to right side, cross left over right

FULL TURN LEFT (travelling forward), SHUFFLE, FORWARD ROCK, SAILOR ¼ TURN

1-2 ½ turn left stepping back on right, ½ turn left stepping forward on left
Easy option: Walk forward Right , Left
3&4 Step forward right, close left beside right, step forward right
5-6 Rock forward on left, recover onto right
7&8 ¼ turn left crossing left behind right, step right to right side, step forward left (6)

CROSS ROCK, SIDE, TOGETHER, ¼ TURN, PIVOT ½ TURN, SHUFFLE FORWARD

1-2 Cross right over left, recover onto left
3&4 Step right to right side, close left beside right, turn ¼ right stepping right forward (9)
5-6 Step forward on left, pivot ½ turn right (3)
7&8 Step forward left, close right beside left, step forward left