

Crystallise

拍數: 32 牆數: 4 級數: Improver
編舞者: Shaz Walton (UK) - March 2014
音樂: Let It Go - Demi Lovato



Count in : 26 counts

Intro: Night Club (Slow) 60 counts

Basic night club right. Side rock. Recover. Cross rock. Recover. Basic night club left. ¼. Step. ½ pivot.

1-2& Step right to right side. Cross step left behind right. Cross step right over left.
3&4& Rock left to left side. Recover on right. Cross rock left over right. Recover on right
5-6& Step left to left side. Cross step right behind left. Cross step left over right.
7-8& Step right ¼ turn right. Step forward left. Make ½ right.

Repeat the last 8 counts – mirror image - slight change

Basic night club left. Side rock. Recover. Cross rock. Recover. Side. Behind ¼. Step. ½ pivot.

1-2& Step left to left side. Cross step right behind left. Cross step left over right.
3&4& Rock right to right side. Recover on left. Cross rock right over left. Recover on left.
5-6& Step right to right side. Cross step left behind right. Make ¼ turn right stepping right forward.
7-8 Step left forward. Make half pivot turn right.

Walk. Walk. Mambo step. Back/sweep. Back/sweep. Coaster step.

1-2 Walk forward with left. Walk forward with right. **end of A.. see below**
3&4 Rock forward left. Recover on right. Step slightly back on left. (Start sweeping right from front to back.
5-6 Step back right as you sweep left from front to back. Step back left as you sweep right from front to back.
7-8 Step back right. Step back left. Step forward right.

Step. Step. ½ pivot. Rock/lunge recover. Sway x 4

1-2& Step forward left. Step forward right. Make ½ turn left.
3-4 Rock or lunge forward on right. Recover on left.
5-6-7-8 Step right to right & sway R-L-R-L

Repeat until count... 16 & do the following .

Walk L-R. Step. 1.2 pivot. Step. Touch.

1-2 Walk forward with left. Walk forward with right
3&4& Step forward left. Make ½ turn right. Step forward left. Touch right beside left.

Main dance – 4 walls- 32 counts

Drag. Hold. Rock back. Recover. Side Touch. Side. Touch.

1-2 Step right a BIG step to right, dragging left towards right.
3-4 Rock back left. Recover on right
5-6 Step left to left side. Touch right beside left.
7-8 Step right to right side. Touch left beside right.

Drag. Hold. Rock back. Recover. Scuff. Step. Stomp. Stomp.

1-2 Step right a BIG step to left, dragging right towards left.
3-4 Rock back right. Recover on left
5-6 Scuff right forward. Step right forward.
7-8 Stomp left. Stomp right

Rock. Recover. Shuffle back. Rock back. Recover. Walk walk.

- 1-2 Rock forward left. Recover right.
- 3&4 Step back left. step right beside left. Step back left.
- 5-6 Rock back on right. Recover on left.
- 7-8 Walk forward right. Walk forward left. (Or full turn right)

Step. 1/8 . Step.1/8. (With optional hip rolls) Jazz box.

- 1-2 Step forward on right make 1/8 turn left. (Roll your hip)
- 3-4 Step forward on right make 1/8 turn left. (Roll your hips)
- 5-6 Cross step right over left. Step back left.
- 7-8 Step right to right side. Step left forward.

TAG.... wall 9 facing 12 O clock bump hips RLRL- or do whatever you want - then start again from beginning

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