

Crushing Cans

COPPER KNOB
STEPPSHEETS

Count: 64

Wand: 0

Ebene: Easy Intermediate

Choreograf/in: Junior Grenier (CAN) - March 2025

Musik: Crushin' Cans - Ryan Langdon



Intro: 8 Counts

***1 Restart**

***1 Bridge (last 16 counts, [49 to 64])**

Sequence: 64 - 8 - 64 - 64 - 16 - Bridge (49-64)

[1-8] Heel grind ¼ Turn R, Coaster Step, ¼ Turn R, ¼ Turn R, Step lock Step

- 1-2 (1) Step R heel fwd (2) R heel grind ¼ turn R shifting weight on LF
- 3&4 (3) Step RF back (&) Step LF next to RF (4) Step RF fwd
- 5-6 (5) ¼ Turn R stepping LF to L side (6) ¼ Turn R stepping RF to R Side
- 7&8 (7) Step LF fwd (&) Lock RF behind LF (8) Step LF fwd

Restart here on wall 2

[9-16] Step ½ turn L, Shuffle ½ turn L, Touch, Unwind ½ turn L, Side Rock, Stomp L

- 1-2 (1) Step RF fwd (2) ½ Turn Left shifting weight on LF
- 3&4 (3) ¼ turn L Stepping RF to R side (&) Step LF next to RF (4) ¼ turn L Stepping RF back
- 5-6 (5) Touch LF behind RF (6) Unwind ½ Turn Left
- 7-8 (7) Rock RF to R side (8) Stomp LF to L Side

Bridge here on wall 5 with the last 16 counts [49-64]

[17-24] Kick ball point, Sailor ¼ L Cross, R Big step, Drag L, Step back & Heel R, Clap, Clap

- 1&2 (1) Kick RF fwd (&) Step RF next to LF (2) Touch LF to L side
- 3&4 (3) Cross LF behind RF (&) ¼ Turn L and RF next LF (4) Cross LF over RF
- 5-6 (5) Big step RF to R side (6) Drag LF toward RF
- &7&8 (&) Step back on LF (7) Right heel fwd (&) Clap (8) Clap

[25-32] Heel L, Cross, Heel R, Touch L, Step R Back, Body roll, Coaster Step

- &1&2 (&) RF next to LF (1) Touch L heel to L diagonal (&) LF next to RF (2) Cross RF over LF
- &3&4 (&) Step LF to L (3) Touch R heel to R diagonal (&) step RF to center (4) Touch LF behind RF
- &5-6 (&) Step back on LF (5) Step back on RF and start body roll (6) finish Body Roll
- 7&8 (7) Step LF back (&) Step RF next to LF (8) Step LF fwd

[33-40] Walk R-L, Out, Out, In, Step L, ¾ Turn L, Cross shuffle

- 1-2 (1) Step RF fwd (2) Step LF fwd
- &3&4 (&) Step RF out to R side (3) Step LF out to L side (&) Bring RF back to center (4) Step LF fwd
- 5-6 (5) ½ turn L Stepping RF back (6) ¼ turn L Stepping LF to L side
- 7&8 (7) Cross RF over LF (&) Step LF next to RF (8) Cross RF over LF

[41-48] ¼ turn L, Kick ball point, Point L, Heel R, Heels Twist, Shuffle ½ turn L

- 1&2& (1) ¼ turn L and Kick LF fwd (&) Step LF next to RF (2) Touch RF to R side (&) Step RF next to LF
- 3&4& (3) Touch LF to L side (&) LF next to RF (4) Touch R heel fwd (&) Step RF next to LF
- 5&6 (5) Step LF fwd (&) Twist both heels to L (6) Twist both heels to center
- 7&8 (7) ¼ turn L Stepping LF to L side (&) Step RF next to LF (8) ¼ turn L Stepping LF fwd

[49-56] Walk R-L, Out, Out, In, Step L, $\frac{3}{4}$ Turn L, Cross Shuffle

- 1-2 (1) Step RF fwd (2) Step LF fwd
&3&4 (&) Step RF out to R side (3) Step LF out to L side (&) Bring RF back to center (4) Step LF fwd
5-6 (5) $\frac{1}{2}$ turn L Stepping RF back (6) $\frac{1}{4}$ turn L Stepping LF to L side
7&8 (7) Cross RF over LF (&) Step LF next to RF (8) Cross RF over LF

[57-64] $\frac{1}{4}$ turn L, Kick ball point, Point L, Heel R, Heels Twist, Hitch L, $\frac{1}{4}$ turn L Big step Drag R, Touch R

- 1&2& (1) $\frac{1}{4}$ turn L and Kick LF fwd (&) Step LF next to RF (2) Touch RF to R side (&) Step RF next to LF
3&4& (3) Touch LF to L side (&) LF next to RF (4) Touch R heel fwd (&) Step RF next to LF
5&6& (5) Step LF fwd (&) Twist both heels to L (6) Twist both heels to center (&) Hitch L Knee up
7-8 (7) $\frac{1}{4}$ turn L Big step LF to L as you drag RF toward LF (8) Touch RF next to LF

Note: Once you complete the first 16 counts [1-16] of wall 5 (last wall), you'll bridge into the last 16 counts [49-64] to finish the dance.

Thanks you to Cyntia Fyfe for the help provided in checking this step sheet.
