

# Cramping Leg

Count: 64

Wand: 4

Ebene: Intermediate

Choreograf/in: GoWildWest Isabel (CH) - May 2011

Musik: Heartache - Jody Booth



**\*\*2 Restarts : After S 2 : Stomp, Stomp / After Bridge**

**Bridge: S 8 : 7x Cramping Leg Move (then you have really cramping legs...)**

## **S 1: Rolling Vine with Turn, Triple Step, Heels**

**(first wall & 2x Restart: you do a rolling vine with 5/4 turn, other walls only full turn)**

1, 2 RF step right and turn  $\frac{1}{4}$  R with RF fwd, turn  $\frac{1}{2}$  R with LF step back  
3 turn  $\frac{1}{2}$  R with RF fwd

### **All other walls**

1, 2 RF fwd and turn  $\frac{1}{4}$  R with RF fwd, turn  $\frac{1}{4}$  R with LF step back  
3 turn  $\frac{1}{2}$  R with RF fwd  
4& LF step, RF step  
5& LF heel, weight on LF  
6& RF heel, weight on RF  
7& LF heel, weight on LF  
8 turn  $\frac{1}{4}$  R with RF toe back

## **S 2: 2x Step Lock Step, 2x Kick Back**

1&2 LF fwd, RF lock, LF fwd  
3&4 RF fwd, LF lock, RF fwd  
5, 6 LF kick, LF step back  
7, 8 RF kick, RF step back

## **S 3: Stomp, Out, Applejacks**

1, 2 RF stomp, RF step out  
3 Swivet L: weight on RF toe (heel to L) & LF heel (toe to L)  
& both feet parallel  
4 Swivet R: weight on LF toe (heel to R) & RF heel (toe to R)  
& both feet parallel  
5&6& REPEAT double Swivet L  
7&8& REPEAT double Swivet R

## **S 4: 2x Side Behind Side with Heel**

1, 2 RF right, LF cross behind  
3, 4 RF right, LF heel  
5, 6 LF left, RF cross behind  
7, 8 LF left, RF heel

## **S 5: Rolling Vine with $\frac{3}{4}$ Turn and Jump & flick**

1, 2 turn  $\frac{1}{4}$  R with RF fwd, turn  $\frac{1}{4}$  R with LF step back  
3 turn  $\frac{1}{2}$  R with RF fwd  
4 jump on LF with RF flick  
5, 6 RF step back, LF step back  
7, 8 RF turn  $\frac{1}{4}$  R, LF close

## **S 6: Rolling Vine with $\frac{3}{4}$ Turn and Jump & flick**

1, 2 turn  $\frac{1}{4}$  R with RF fwd, turn  $\frac{1}{4}$  R with LF step back  
3 turn  $\frac{1}{2}$  R with RF fwd

- 4 jump on LF with RF flick
- 5, 6 RF step back, LF step back
- 7, 8 RF turn  $\frac{1}{4}$  R, LF close

### **S 7: Jumping Kicks & Flicks with Turn**

- 1& RF kick, LF kick
- 2 LF jump cross in front with RF flick
- & jump on RF, LF flick left out
- 3 turn  $\frac{1}{4}$  L with RF flick
- & LF kick
- 4 RF kick
- & RF jump cross in front and LF flick
- 5 jump on LF with RF kick
- & LF kick
- 6 LF jump cross in front and RF flick
- & jump on RF and LF kick
- 7, 8 LF step fwd, RF scuff

### **S 8: Cramping Leg Move**

- 1 RF toe-twist with a turn  $\frac{1}{4}$  L
  - 2 RF heel with a turn  $\frac{1}{4}$  R
  - 3 jump on LF fwd and RF is cross in front hitching
  - 4 jump on LF fwd and RF is cross in front hitching
  - 5 RF toe-twist with a turn  $\frac{1}{4}$  L
  - 6 RF heel cross in front
  - 7 jump on LF fwd and RF is cross in front hitching
  - 8 jump on LF fwd and RF is cross in front hitching
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