

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Crazy Youngsters - Ester Dean : (Album: Pitch Perfect)



Counts in : 16

[1-8] Cross R point L, cross L point R, Cross R over, back , R Chasse.

1 2 3 4 Cross right over left, point left to left side. Cross left over right, point right to right side.
5 6 7&8 Cross right over left, step back on the left, step right to right side, step left to right, step right to right side.

[9-16] Rocking chair Fwd & Back, Step L pivot ½ R, step L pivot ¼ R.

1 2 3 4 Rock forward on the left, recover weight onto Right , rock back on the left, recover weight onto right
5 6 7 8 step forward on the left, pivot ½ turn over right shoulder, step forward on the left, pivot ¼ turn over right shoulder (weight now on the right)

[17-24] L jazz box, touch R, hips R, L, big step R drag L, touch L.

1 2 3 4 cross left over right, step back on the right, step back on the left feet slightly apart, touch right beside left.
5 6 7 8 step right to right side push hips to the right , push hips to the left, step right foot big step to right side, dragging left to right , touch left beside right.

[25-32] L grapevine (or turning vine) R touch, heel grind R foot Fwd, recover, rock back R recover.

1 2 3 4 step left to left side, step right behind left, step left to left side,, touch right beside left. (optional turning vine finishing with a left touch)
5 6 7 8 rock right heel forward, recover weight onto left while twisting toes from left to right. Rock back on the right, recover weight into left.

(RESTART here on wall 5)

[33-40] Heel grind ¼ R , recover, rock back recover, R shuffle Fwd, step fwd L, flick right foot making ½ L.

1 2 3 4 Rock right heel forward, recover weight onto left twisting toes from left to right making ¼ turn right, rock back on the right , recover weight onto left.

(think of rocking chairs with heel grinds forward)

5&6 7 8 step forward on the right, step left to right, step forward on the right. Step left forward, making ½ turn over left shoulder flick the right foot up behind.

[41-48] Step lock, R lock step fwd, L rocking chair fwd & back.

1 2 3&4 step forward on the right, step left behind right. Step forward on the right, step left behind right, step forward on the right.
5 6 7 8 rock forward on the left, recover weight on to right, rock back on left looking over left shoulder, recover weight on to right.

[49-56] x2 paddle ¼ turns R, L kick & point, R rock back recover, R kick ball Change.

1 2 3&4 making x2 ¼ turns to the right, keep weight on the right foot, tap left foot to left side x2. Kick left foot forward, step left beside right, point right to right side.
5 6 7&8 rock back on the right, recover weight onto left, kick right foot forward, step right beside left, step left in place.

[57-64] Sway R, sway L, R sailor step, L sailor ¼ L, step R pivot ½ turn.

1 2 3&4 sway weight over to right side, sway weight over to left side, step right behind left, step left in place , step right slightly to right side.

5&6 7 8 step left behind right, step right in place , step forward on the left making $\frac{1}{4}$ turn left. Step forward on the right and pivot $\frac{1}{2}$ turn over left shoulder transferring weight on to left.

TAG:-

End of wall 2 dance the Tag Once

End of wall 4 dance the Tag Twice

1&2 3- step forward on the right, pivot $\frac{1}{2}$ turn over left shoulder, step forward on the right, step forward on the left.

4&5 6- repeat counts 1-3

7&8&- rocking forward on the right, recover weight onto left, rock back on the right, recover weight onto left

RESTART: Wall 5 after 32 counts
