

Blue Crush

拍数: 64 墙数: 2 级数: Intermediate
编舞者: David J. McDonagh (WLS)
音乐: Everybody Got Their Something - Nikka Costa



Position: Face & angle body to left diagonal to start off this dance (11:00)

DOWN & UP, HOLD-CLAP-CLAP, LEFT/RIGHT/LEFT, HOLD-BALL-STEP

1&2 Bend both knees, straighten legs stepping right in place, step left forward (left diagonal)
3&4 Hold (1) count, clap hands twice
5&6 Pop shoulders left, right, left
7&8 Hold (1) count, step left to left side (angling body to right diagonal), step right together

Face: 1:00

REPEAT ABOVE USING OPPOSITE FOOTWORK (1-8)

1&2 Bend both knees, straighten legs stepping left in place, step right forward (right diagonal)
3&4 Hold (1) count, clap hands twice
5&6 Pop shoulders right, left, right
7&8 Hold (1) count, step right to right side (angling body to left diagonal), step left together

Face: 11:00

WALKS FORWARD/BACK, LEFT COASTER STEP

1-4 Walk forward to left diagonal: right, left, right, hitch left knee
5-6 Walk back (still facing left diagonal): left, right
7&8 Left coaster step: step left back, step right together, step left forward

Left coaster step is done while turning ¼ to your left (end facing left diagonal - 7:00)

REPEAT ABOVE (17-24) (WITH LEFT COASTER CROSS)

1-4 Walk forward to left diagonal: right, left, right, hitch left knee
5-6 Walk back (still facing left diagonal): left, right
7&8 Left coaster cross: step left back, step right together, cross-step left over right

Left coaster cross is done while straightening up to 9:00 wall

¾ TURN, RIGHT COASTER STEP, STEP-KICK, STEP ¼ TURN

1-2 Turn ¼ right stepping right forward, turn ½ right stepping left back
3&4 Right coaster step: step right back, step left together, step right forward
5-6 Step left forward, kick right forward
7-8 Step right forward, pivot ¼ turn left

Face: 3:00

TWIST-TWIST, UP-HITCH-STEP, HEEL-TOE, STEP ½ TURN

& Bend both knees twisting heels 1/8 right (angling body left)
1 Keep knees bent twisting heels 1/8 & ¼ left (facing back wall)
2-4 Straighten up, hitch left knee, step left forward
5-6 Touch right heel forward, touch right toe back
7-8 Step right forward, pivot ½ turn left

Face: 12:00

RIGHT ROCK-STEP, BEHIND-SIDE-CROSS (REPEAT LEFT)

1-2 Rock right forward to right diagonal, recover weight onto left
3&4 Step right behind left, step left to left side, cross-step right over left
5-6 Rock left forward to left diagonal, recover weight onto right

7&8 Step left behind right, step right to right side, cross-step left over right
12:00

(¼) POINT & POINT, CROSS-POINT, &-CROSS-TURN, TURN, TURN

1&2 Point right to right side, hitch right turning 1/8 left, point right to right side turning 1/8 left
3-4 Cross-step right over left, point left to left side
&5 Step left together, cross-step right over left
6-7 ¼ turn left stepping left forward, ¼ turn right cross-stepping right over left
8 ¼ turn left stepping left forward

Face: 6:00 (technically, 5:00)

**Step right together during the first count of the dance (that way your feet won't be apart for the beginning).
Remember, here you're starting the dance from the back wall facing left diagonal (5:00)**

REPEAT
