

Crazy

拍数: 32 墙数: 2 级数: Easy Intermediate
编舞者: John Warnars (NL) - September 2011
音乐: Crazy - Etana



Intro 16 counts (0:14 sec.)

(01 – 08) DIAG. LOCK STEP R, SCUFF, DIAG. LOCK STEP L, SCUFF, CROSS ROCK, SIDE ROCK, ROCK BACK, SIDE STEP R;

- 1 RF step diagonal right forwards (1:30)
- & LF cross step behind RF
- 2 RF step diagonal right forwards
- & LF scuff diagonal left forwards (10:30)
- 3 LF step diagonal left forwards
- & RF cross step behind LF
- 4 LF step diagonal left forwards
- & RF scuff diagonal left forwards
- 5 RF cross rock over LF
- & LF rock back on LF
- 6 RF rock to right side
- & LF rock back on LF
- 7 RF rock backwards
- & LF rock back on LF
- 8 RF step to right side (weight on RF) (12)

(09 – 16) 2 x SAILOR STEPS (L & R), ½ TURN SAILOR CROSS L, LOCK STEP R;

- 1 LF cross step behind RF
- & RF step to right side
- 2 LF step to left side
- 3 RF cross step behind LF
- & LF step to left side
- 4 RF step to right side
- 5 LF cross step with ½ turn left behind RF (6)
- & RF step to right side
- 6 LF cross step over RF
- 7 RF step forwards
- & LF cross step behind RF
- 8 RF step forwards

(17 – 24) DIAG. LOCK STEP L, SCUFF, DIAG. LOCK STEP R, SCUFF, CROSS ROCK, SIDE ROCK, ROCK BACK, SIDE STEP L;

- 1 LF step diagonal left forwards (4:30)
- & RF cross step behind LF
- 2 LF step diagonal left forwards
- & RF scuff diagonal right forwards (7:30)
- 3 RF step diagonal right forwards
- & LF cross step behind RF
- 4 RF step diagonal right forwards
- & LF scuff diagonal right forwards
- 5 LF cross rock over RF
- & RF rock back on RF
- 6 LF rock to left side

& RF rock back on RF
7 LF rock backwards
& RF rock back on RF
8 LF step to left side (weight on LF) (6)

(25 – 32) R MAMBO STEP, L COASTER STEP, MAMBO ½ TURN R, MAMBO ½ TURN L;

1 RF step/rock forwards
& LF rock back on LF
2 RF step backwards
3 LF step backwards
& RF step/close next LF
4 LF step forwards
5 RF step/rock forwards
& LF rock back on LF
6 RF step with a ½ turn right forwards (12)
7 LF step/rock forwards
& RF rock back on RF
8 LF step with a ½ turn left forwards (6)

1 RV start again... (step diagonal right forwards)
