

Crank It Up

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Larry Bass (USA) - August 2014
音乐: Crank It Up - Colt Ford



There is a Restart after 16 counts on wall 4. Restart the dance on the (3:00) wall.
Tag:4 count on the (6:00) wall after the 9th repetition.

KICK-OUT-OUT, HIP ROLL, BUMP LEFT; HIP WITH ¼ TURN BUMP FORWARD, FORWARD TRIPLE STEP

1&2 Kick Right forward, Step Right to right side, Touch Left to left side keeping weight on Right
3-4 Push hips forward & around counter clockwise; Bumping hips left
5-6 Push hips forward & around clockwise; Turn 1/4 turn right while bumping hips forward□(3:00)
&7&8 Push hips back onto Left, Triple step forward Right, Left, Right

HIP WALK, ½ TURN, HIP WALK; ROLLING FORWARD ¾ TURN; CROSSOVER TRIPLE STEP

1&2 Step Left forward bumping hips forward, back, forward
& Turn ½ turn right on ball of Left□(9:00)
3&4 Step Right forward bumping hips forward, back, forward
5 Rolling forward, turn ½ turn right & step Left back (3:00)
6 Turn ¼ turn right & step Right to right (6:00)
7&8 Step Left across Right, Step Right to right, Step Left across Right

(Restart here on 4th wall)

STEP RIGHT, ROCK RECOVER, STEP LEFT; SAILOR STEP, SAILOR STEP ¼ TURN

1 Step Right to right
2-3 Rock Left back; Recover forward onto Right
4 Step Left to left
5&6 Sailor step Right, Left, Right
7&8 Step Left behind Right, Turn ¼ turn left & step Right to right, Step Left to left□(3:00)

TWO PIVOT ½ TURNS; ROLL FORWARD; & STEP & STEP

1-2 Step Right forward; Pivot ½ turn left onto Left□(9:00)
3-4 Step Right forward; Pivot ½ turn left onto Left □(3:00)
5 Rolling forward, turn ½ turn left & step Right back□(9:00)
6 Turn ½ turn left & step Left forward (3:00)
&7 Step Right slightly forward, Step Left beside Right
&8 Step Right slightly forward, Step Left beside Right

Start Over□□

Tag: ROCK FORWARD; ROCK BACK

1-2 Rock Right forward; Recover back onto Left
3-4 Rock Right back; Recover forward onto Left

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