

Young, Crazy & Pushin 80

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Low Intermediate
編舞者: Mitzi Day (USA) & Lynn Card (USA) - May 2015
音樂: Young & Crazy - Frankie Ballard



(1-8) Step Forward, Pivot ½ Turn Left, Triple Forward, Pivot ½ Turn Right, Touch Center, Touch Left, Touch Center

- 1,2,3&4 Step R forward, Pivot ½ turn to left and step L forward, Step R forward, Step L next to R, Step R forward (6 o'clock)
5,6,7&8 Step L forward, Pivot ½ turn to right and step R forward, Touch L next to R, Touch L to left side, Touch L next to R (12 o'clock)

(9-16) Teeter Left, Teeter Right, Rock L Forward, Recover R, Ball L, Step R Forward, Walk L Forward

- 1,2&3,4 Rock L to left side, Recover R at center, Step L next to R, Rock R to right side, Recover L at center
&5,6&7,8 Step R next to L, Rock L forward, Recover back on R at center, Step L next to R, Walk R forward, Walk L forward (12 o'clock)

#3rd Restart Here in Wall 5, facing 12 o'clock

(17-24) Jazz Triangle ¼ Turn to Right, Kick Out Out, Heel Swivels , ¼ Turn to Right

- 1&2,3&4 Cross R in front of L, Step L back turning 1/8 to right, Step R to right turning 1/8 to right, Kick L forward, Replace L next to right(shoulder width apart), Step R slightly to right (3 o'clock)
5,6,7&8 Swivel heels to left, Swivel heels to right, Swivel heels to left, Swivel heels to right, Swivel heels to left making a ¼ turn to right ending with weight back on L (6 o'clock)

(25-32)V Step, ¼ Paddle Turns to Right x 4

- 1,2,3,4 Step R to front right diagonal, Step L to front left diagonal, Replace R at center, Replace L next to R
5,6,7,8 Turn ¼ to left and touch R to right side, Turn ¼ to left and touch R to right side, Turn ¼ to left and touch R to right side, Turn ¼ turn to left and touch R to right side (6 o'clock)

(Have fun with it. For styling, twirl your fingers on each side of your head to symbolize "crazy" when he sings the word crazy)

(33-39)Kick R x 2, Coaster Step, Touch L, Kick L, Coaster Step

- 1,2,3&4 Kick R forward twice, Step R back, Step L next to R, Step R forward
5,6,7&8 Touch L next to R, Kick L forward, Step L back, Step R next to L, Step L forward

(40-48) ¼ Turn Chasse, ¼ Turn Chasse, ¼ Turn Step Right, ¼ Turn Step L, Step Together, Heel Split

- 1&2,3&4 Turn ¼ to left stepping R to right side (3 o'clock), Step L next to R, Step R to right, Turn ¼ to left stepping L to left, Step R next to L, Step L to left (12 o'clock)

~1st Restart Here in Wall 2, facing 12 o'clock

~2nd Restart Here in Wall 4, facing 6 o'clock

~4th Restart Here in Wall 6, facing 12 o'clock

- 5,6,7&8 Turn ¼ to left stepping R to right (9 o'clock), Turn ¼ to left stepping L to left, Step R next to L (6 o'clock), Split heels apart, Bring heel back together

Ending: The dance will end with the heel swivels in Section 3. Instead of the ¼ turn to R, do one extra heel swivel to the left turning ¼ to left to face 12 o'clock (if you don't get the ending to 12 o'clock, it's totally fine, you may just finish at 6 o'clock on R as you step into the V step)

Note: You can also dance without the 4th Restart if you choose, the dance just ends at a different place in the first section of 8 facing 12 o'clock)

Go Crazy. Have Fun With It.

