

Crushin' Cans

拍數: 32 牆數: 2 級數: Improver
編舞者: Willie Brown (SCO) - March 2025
音樂: Crushin' Cans - Ryan Langdon



Intro; On vocals / 8 counts (just after 'okay')

SEC 1 – SCUFF, HITCH, STEP BACK, TWIST ¼ RIGHT, CROSS-BACK-SIDE x2

- 1&2 Scuff Right heel forward, hitch Right knee up, step back on Right
- 3&4 Turning ¼ Right twist both heels Left, Right, Left (weight ends on Left) [3]
- 5&6 Cross Right over Left, step back on Left, step Right to Right side
- 7&8 Cross Left over Right, step back on Right, step Left to Left side

SEC 2 – HEEL & HEEL & SHUFFLE, PRESS-TWIST-KICK, COASTER CROSS

- 1&2& Dig Right heel forward, close Right beside Left, dig Left heel forward, close Left beside Right
- 3&4 Step forward on Right, close Left beside Right, step forward on Right
- 5&6& Press Left toe forward, twist Left heel out to Left then return to centre, kick Left foot forward
- 7&8 Step back on Left, close Right beside Left, cross Left over Right

SEC 3 – SIDE, TOUCH OUT, SIDE, TOUCH BEHIND, SIDE, WEAWE WITH TOUCH BEHIND

- 1,2 Step Right to Right side, touch Left toe to Left side (Raise right hand up as if holding a beer can – 'Raise Em Up')
- 3,4 Step Left to Left side, touch Right toe behind Left out to Left side (Push Right hand to Left side in front of body as if throwing the beer can away – 'Throw Em Down')
- 5 Step Right to Right side
- 6&7 Cross Left behind Right, step Right to Right side, cross Left over Right
- &8 Step Right to Right side, touch Left toe behind Right out to Right side

SEC 4 – ¾ TURN, COASTER STEP, SYNCOPATED LOCK STEPS

- 1,2 Turn ¼ Left and step forward on Left, turn ½ Left and step back on Right [6]
- 3&4 Step back on Left, close Right beside on Left, step forward on Left
- 5 Step forward on Right on slight diagonal,
- 6& Lock Left behind Right, step forward on Right
- 7&8 Step forward on Left on slight diagonal, lock Right behind Left, step forward on Left

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At the end of wall 2 facing 12 o'clock do the following;

- 1-4 Dance counts 1-4 of Section 1 above; Scuff and Twist ¼ turn
- 5& Cross Right over Left, step back on Left beginning ¼ turn Right
- 6& Step Right to Right side completing turn, step forward on Left
- 7,8 Stomp in place Right, Left Begin dance again facing 6 o'clock