Always Crazy

拍數: 64

級數: Intermediate

編舞者: Inge Vestergård (DK) - March 2011

音樂: Out of It - Fallulah

Start after a 16 counts intro. On main vocals.

Step, 1/2 turn left, 1/4 turn reight, Back rock, Kick ball step

- 1-4 Step R forward, ¹/₂ turn left, step forward on R, ¹/₄ turn R stepping back on R (9.00)
- 5-6 Rock back on R, recover L
- 7&8 Kick forward on R, step R beside L, Step forward on L

Cross, ¼ turn x 2, Forward rock, Sweep, Hold, Ball point

- 1-3 Cross R over L, ¼ turn R stepping back on L, ¼ turn R stepping R to side (3.00)
- 4-5 Rock forward on L, recover on R
- 6-7 Sweep L to side, hold
- &8 Step L beside R, point R to side

Cross, Point, Cross, Back lock step, Touch, Unwind

- 1-3 Cross R over L, Point L to side, Cross L over R
- 4-6 Step back on R, Cross L over R, Step back on R
- 7-8 Touch L behind R, Unwind 3/8 left keep weight on R (10.30)

Walk forward x 3, Hold, Cross twist walk x 3, Hold

- 1-4 Walk forward L, Walk forward R, Walk forward L, Hold
- 5-8 Hitch R and cross R in front of L, Hitch L and cross L in front of R, Hitch R and cross R in front of L, Hold

Back step, Back lock step, Step 3/8 turn, Full turn, 1/4 turn

- 1-3 Step back on L, Cross R over L, Step back on L
- 4-5 Turn 3/8 R stepping forward on R, Step forward on L (3.00)
- 6-8 Turn ½ L stepping back on R, Turn ½ L stepping forward on L, Turn ¼ L stepping R to side (12.00)

Cross, Hold, Back, Side, Cross, Scissor left

- 1-5 Cross L over R, Hold, Step back on R, Step L to side, Cross R over L
- 6-8 Step L to side, Step R next to L, Cross L over R
- * (Restart here on wall 3 facing 6 o'clock)

3/4 turn left, Hold, 1/2 turn right, Full turn right

1-4 Turn ¼ L stepping back on R, Turn ½ L stepping forward on L, step forward on R, Hold (3.00)
5-8 Step forward on L, ½ turn R, ½ turn R stepping back on L, ½ turn R stepping forward on R (9.00)

Step forward, Knee pop, Point left and reight, Heel switches, Side, Together

- 1&2 Stepping L to R, Lift both Heels and make knee pop, Drop heels
- 3&4 Point L to side, Step left next to R, point R to side
- 5&6& Turn body diagonal R and touch R heel forward, Step R next to L, Touch L heel forward, Step L next to R
- 7-8 Turn body facing 9 o`clock and step R to side, Close L to R (weight ends on L) (9.00)

TAG 1: At the end of wall 5 facing 12 o'clock there is an 8 count tag, wich will be danced 4 times after another Prissy walks x 3, Side rock, ¼ turn, Step, Lock step forward, Step, ½ turn R, Step





牆數:4

- 1-3 Prissy walk R over L, Prissy walk L over R, Prissy walk R over L
- 4&5 Side rock L, recover on R turning ¼ right, step forward on L (3.00)
- 6&7 Step R forward, Lock L behind R, step forward R
- &8&Step L forward, Turn ½ right, Step forward on L (9.00)

TAG 2: Following tag 1 facing 12 o'clock, there is an 8 count tag, wich will be danced twice Step, Hold, Rock step, $\frac{1}{2}$ turn left, Step $\frac{1}{2}$ turn left

- 1-4 Step forward on right, hold, rock forward on L recover on R
- 5-8 Turn ½ L on ball of R, hold, step forward on R, ½ turn L (6.00)

After the 2 tags you will start from the beginning of the dance.

ENDING: Wall 7, facing 6 o'clock, the music will slow down. You will then be in section 4. After walking the 3 steps forward and hold,

You will make the 3 cross twist walks slow. Then you cross L over R turning ½ right stepping forward on L facing 12 o'clock.