

# CRANK IT UP

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**Count:** 32

**Wall:** 4

**Level:** intermediate

**Choreographer:** Matt Wedow

**Music:** A Little Bit Of Life by Craig Morgan

## RIGHT HEEL FORWARD, LEFT TOE BACK, 2 TOE POINTS, SWEEP HALF TURN

- 1-2&** Lean upper body back while touching right heel forward, hold, step left foot next to right
- 3-4&** Lean upper body forward while touching left toe back, hold, step right foot next to left
- 5&6&** Point right toe right, step right foot next to left, point left toe left, step left foot next to right
- 7-8** Sweep right foot in front of left making  $\frac{1}{2}$  turn over left shoulder, step right foot next to left

## LEFT SAILOR, RIGHT SAILOR, MONTEREY $\frac{1}{2}$ TURN

- 1&2** Step left foot behind right foot, step right foot next to left foot, step forward diagonally onto left foot
- 3&4** Step right foot behind left foot, step left foot next to right foot, step forward diagonally onto right foot
- 5-6-7-8** Point left toe left,  $\frac{1}{2}$  turn over left shoulder stepping left foot next to right foot, point right toe to right, step right foot next to left foot

## LEFT SHUFFLE BACK, RIGHT COASTER, 2 STEPS FORWARD, COASTER LEFT, SCUFF $\frac{1}{4}$ TURN LEFT

- 1&2** Shuffle back left, right, left
- 3&4** Step back on right foot, step left foot next to right foot, step forward with right foot
- 5&** Step forward quickly on left foot, quickly bring right foot next to left foot, shift weight right
- 6&** Step backward quickly onto left foot, quickly bring right foot next to left foot, shift weight right
- 7&8&** Step forward left foot, scuff right foot forward making  $\frac{1}{4}$  left, touch left toe next to right

## LEFT LOCK STEP, STEP RIGHT $\frac{1}{2}$ TURN, 2 KICKS, RIGHT TOE, LEFT HEEL

- 1&2** Step left foot in front of right foot, lock right foot behind left foot, step left foot forward
- 3&4** Step forward right,  $\frac{1}{2}$  turn over left shoulder shifting weight to left foot
- 5&6&** Kick right foot forward, step right foot next to left foot, kick left foot backwards, step left foot next to right foot

**7&8&** Touch right toe back, step right foot next to left foot, touch left heel forward, step left foot next to right foot shifting weigh left

**REPEAT**

**RESTART**

**When first chorus ends restart dance (after Monterey)**

**When the second chorus ends restart dance (after step ½ turn)**

**TAG**

**Repeat last 4 counts at the end of the 4th verse before the 3rd chorus**