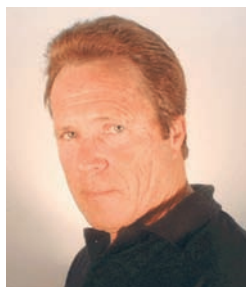


# BLAST FROM THE Past



Neil Hale

## Cruisin'

### 1 WALL – 32 COUNTS – IMPROVER

| STEPS            | ACTUAL FOOTWORK                                                      | CALLING SUGGESTION | DIRECTION     |
|------------------|----------------------------------------------------------------------|--------------------|---------------|
| <b>Section 1</b> | <b>Cross Rock, Triple Step In Place (x 2)</b>                        |                    |               |
| 1 – 2            | Cross rock left over right. Recover onto right.                      | Cross Rock         | On the spot   |
| 3 & 4            | Triple step in place, stepping - left, right, left.                  | Left Right Left    |               |
| 5 – 6            | Cross rock right over left. Recover onto left.                       | Cross Rock         |               |
| 7 & 8            | Triple step in place, stepping - right, left, right.                 | Right Left Right   |               |
| <b>Section 2</b> | <b>Forward Rock, Triple Step, Back Rock, Triple Step</b>             |                    |               |
| 1 – 2            | Rock forward on left. Recover onto right.                            | Forward Rock       | On the spot   |
| 3 & 4            | Triple step in place, stepping - left, right, left.                  | Left Right Left    |               |
| 5 – 6            | Rock back on right. Recover forward onto left.                       | Rock Back          |               |
| 7 & 8            | Triple step in place, stepping - right, left, right.                 | Right Left Right   |               |
| <b>Section 3</b> | <b>Step, Pivot 1/2 (x 2)</b>                                         |                    |               |
| 1 – 2            | Step left forward. Pivot 1/2 turn right.                             | Step Pivot         | Turning right |
| 3 – 4            | Step left forward. Pivot 1/2 turn right.                             | Step Pivot         |               |
| <b>Section 4</b> | <b>12-Step Figure of Eight</b>                                       |                    |               |
| 1 – 2            | Step left to left side. Cross right behind left.                     | Side Behind        | Left          |
| 3 – 4            | Make 1/4 turn left stepping left forward. Step right forward.        | Turn Step          | Turning left  |
| 5                | Pivot 1/2 turn left.                                                 | Pivot              |               |
| 6                | On ball of left make 1/4 turn left, stepping right to right side.    | Turn               |               |
| 7 – 8            | Cross left behind right. Make 1/4 turn right stepping right forward. | Behind Turn        | Turning right |
| 9 – 10           | Step left forward. Pivot 1/2 turn right.                             | Step Pivot         |               |
| 11               | On ball of right make 1/4 turn right, stepping left to left side.    | Turn               |               |
| 12               | Step right beside left.                                              | Together           | On the spot   |

**Choreographed by:** Neil Hale (US) April 1990

**Choreographed to:** 'Still Cruisin'' by The Beach Boys (124 bpm) from CD Still Cruisin';  
also available as download from amazon.co.uk