

Bruk Off Yuh Back

Count: 48

Wand: 4

Ebene: Intermediate

Choreograf/in: Roosamekto Mamek (INA) - July 2017

Musik: Bruk Off Yuh Back - Konshens & Chris Brown



Intro : 32 Count

No TAG. No RESTART

S1: SYNCOPATED MODIFIED KICK BALL CHANGE (R&L), RIGHT SIDE MAMBO, LEFT SIDE MAMBO

- 1&2& Kick R forward – Step R beside L – Rock L behind R – Recover on R (12:00)
3&4& Kick L forward – Step L beside R – Rock R behind L – Recover on R
5&6 Rock R to side – Recover on L – Step R together
7&8 Rock L to side – Recover on R – Step L together (12:00)

S2: ANCHOR STEPS, BACK ROCK, RECOVER, MODIFIED KICK BALL CHANGE

- 1&2 Rock R back – Recover on L – Step R in place (12:00)
3&4 Rock L back – Recover on R – Step L in place
5&6& Rock R back – Recover on L – Kick R forward – Step R beside L
7&8& Rock L behind R – Recover on R – Kick L forward – Step L beside R (12:00)

S3: SYNCOPATED V STEP, SIDE ROCK, PUSH, TOGETHER

- 1&2& Step R diagonal forward – Step L diagonal forward – Step R back home to center – Step L beside R (12:00)
3&4 Rock R to side – Push R so your weight on L – Step R together
5&6& Step L diagonal forward – Step R diagonal forward – Step L back home to center – Step R beside L
7&8 Rock L to side – Push L so your weight on R – Step L together (12:00)

S4: SYNCOPATED GRAPEVINE, SCISSOR STEP (R&L)

- 1&2& Step R to side – Cross L behind R – Step R to side – Cross L over R (12:00)
3&4 Step R to side – Step L beside R – Cross R over L
5&6& Step L to side – Cross R behind L – Step L to side – Cross R over L
7&8 Step L to side – Step R beside L – Cross L over R (12:00)

S5: SIDE STEP WITH SWAY, BODY SWAY, SIDE CHASSE (R&L)

- 1-2 Step R to side sway body to right – Sway body to left (12:00)
3&4 Step R to side – Step L beside R – Step R to side
5-6 Step L to side sway body to left – Sway body to right
7&8 Step L to side – Step R beside L – Step L to side (12:00)

S6: SWITCH TOUCHES, SAILOR STEP TURN 1/2 RIGHT, SWITCH TOUCHES, SAILOR STEP TURN 1/4 LEFT

- 1-2 Touch R forward – Touch R to side
3&4 Cross R behind L – Turn ½ right step L beside R – Step R forward (6:00)
5-6 Touch L forward – Touch L to side
7&8 Cross L behind R – Turn ¼ left step R beside L – Step L forward (3:00)

REPEAT

For song & step sheet please contact: Roosamekto.Nugroho@gmail.com

