

Bruk Off Yuh Back

拍数: 48 墙数: 4 级数: Intermediate
 编舞者: Roosamekto Mamek (INA) - July 2017
 音乐: 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

