

Just Bust a Move

拍数: 32 墙数: 4 级数: Improver
编舞者: Justin Desloges - January 2019
音乐: Bust a Move - Young MC



No Tags, No Restarts

Section 1 - Counts (1 - 8) Rock and Cross, Rock and 1/4 Turn, Rock - Recover, Coaster Step

1&2 Rock out to the R side, Recover onto L, Cross R over L
3&4 Rock out to L side, Recover onto R, Cross L over R Stepping a 1/4 turn (3:00)
5-6 Rock Forward onto R, Recover onto L
7-8 Step R back, Step together with L, Step forward with R

Section 2 - Counts (9 - 16) Full - Turn (Forward), Rock - Recover, Full - Turn (Backwards), Coaster Step

1-2 Step Forward onto L Making a 1/2 turn, 1/2 turn pivot stepping forward onto R
3-4 Rock Forward onto L, Recover onto R
5-6 Step Backwards onto L Making a 1/2 turn, 1/2 turn pivot stepping backward onto R
7&8 Step L back, Step together with R, Step forward with L

Easier Option

(1-2) Walk forward on the L, Walk Forward onto the R
(3-4) Rock Forward onto L, Recover onto R
(5-6) Walk Backwards onto L, Walk Backwards on R
(7&8) Step L back, Step together with R, Step forward with L

Section 3 - Counts (17 - 24) Wizard Steps, Step - 1/2 Turn, Kick - Ball Change

1-2& Step forward R, Step L behind R, Step forward R
3-4& Step forward L, step R behind L, Step forward L
5-6 Step Forward onto R, 1/2 Turn Pivot stepping onto L (9:00)
7&8 Kick R forward, Step ball of R next to L, Step L next to R

Section 4 - Counts (25 - 32) Toe Struts, Out - Cross, Unwind(Full Turn) - Stomp

1-2 Step forward on R toe, drop R heel
3-4 Step forward on L toe, drop L heel
5-6 Jump parting both feet to sides, Jump crossing R and L
7-8 Unwind - turning a full turn over left shoulder, Stomp L

Easier Option

(5-6) Sway hips to the R, Sway Hips to the L
(7-8) Sway hips to the R, Sway Hips to the L