

U B Busted

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Ultra Beginner
编舞者: Pat Newell (USA) - August 2019
音乐: Bust a Move (Glee Cast Version) - Glee Cast



Senior Dancing Series

Learning: vines, chevy step, pivot with holds, jazz box, & steps

32 in to start dance

RIGHT VINE, LEFT VINE

1-4 Step R on R, step L behind R, step R to side, touch L

5-8 Step L on L, step R behind L, step L to side, touch R

OUT OUT, IN IN 2 TIMES (some may know as Chevy Step)

1-4 Step R slightly forward and diagonally R, step L slightly forward and diagonally L, Step R in, step L in

5-8 REPEAT

STEP, HOLD, ¼ PIVOT LEFT, HOLD, JAZZ BOX 9:00

1-4 Step forward on R, hold, turn ¼ L, hold (weight on L)

5-8 Step R over L, step back on L, step down on R, step slight forward on L

STEP FORWARD ON RIGHT, STEP FORWARD ON LEFT (OR HOPS) 2 TIMES, STEP BACK ON RIGHT, STEP BACK ON L

&1-2 Quick step (hop) forward on R, quick step (hop) together on L

&3-4 Quick step (hop) back on R, quick step (hop) together on L (wt on L)

&5-6 &7-8 REPEAT

Dance for the health of it
