

No Biz

拍数: 32 墙数: 4 级数: Improver
编舞者: Karine Moya (FR) - 22 September 2021
音乐: No Biz - LVDS & Joyce Nuhill



Intro : 16 Counts - No Tag No Restart

Section 1 : R WIZARD STEP , HEEL SWITCHES, L WIZARD STEP , HEEL SWITCHES,

1 2& Step Rf forward diagonally R, Lock Lf behind Rf, Step Rf beside Lf
3&4& L heel, Step Lf next to Rf, R heel, Step Rf next Lf
5 6& Step Lf diagonally L, Lock Rf behind Lf, Step Lf beside Rf
7&8& R heel, Step Rf next Lf, L heel, Step Lf next to Rf

Section 2 : STEP L Fwd, 1/4 TURN L, CROSS SHUFFLE, SYNCOPATED SIDE TOUCH, KICK BALL TOUCH Fwd

1 2 Rf Step forward, Make 1/4 turn L taking weight onto Lf (9:00)
3&4 Step Rf Across Lf , Step Lf slightly to L, Step Rf Across Lf ,
5&6 Point Lf out to L, Step Lf beside Rf, Point Rf out to R
7&8 R Kick, Step in place on ball of R, Touch L Toe Fwd

Section 3 : STEP L Fwd, 1/4 TURN L HITCH/HIP, HIP BUMP TURNING 1/4 TURN/ L HITCH L, COASTER STEP, PIVOT 1/2 TURN L

1 2 Lf Step forward, Make 1/4 turn L taking weight onto Lf Hitching R with Hip lift (6:00)
3&4 Step Rf on ball to R Side Bumping R to R, Recover on Lf, Bumping R to R make a 1/4 turn L hitching L (3:00)
5&6 Step Lf back, Step Rf beside Lf, Step Lf Forward
7 8 Step Rf forward, Make 1/2 turn L (Weight on Lf) (9:00)

Section 4 : CHARLESTON, FULL TURNING SQUARE (R L R L)

1 2 Touch Right toe fwd, Step Rf back,
3 4 Touch Left toe backwards, Step Lf fwd

Styling Option : Swinging Charleston (Swivel)

5 6 Make a 1/4 L and step back on Rf (6:00), Make a 1/4 turn L and step Lf forward (3:00)
7 8 Make a 1/4 L and step back on Rf (12:00), Make a 1/4 turn L and step Lf forward (9:00)

Happy dance !

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