

Bruisin'

拍数: 64 墙数: 2 级数: Improver
编舞者: Rhys Williams (UK) - September 2023
音乐: Cruisin' for a Bruisin' - Ross Lynch, Jason Evigan & Grace Phipps : (Album :
Teen Beach Movie OST - iTunes & Amazon))



Intro: 16 counts (1 Tag, 1 Re-starts)

S1: RUN BACK RIGHT, LEFT, RIGHT, KICK LEFT FORWARD, COASTER STEP, BRUSH

1-2 Step back on Right, step back on Left
3-4 Step back on Right, kick Left forward
5-6 Step back on Left, close Right next to Left
7-8 Step forward on Left, brush Right foot through

S2: FORWARD, TOGETHER FORWARD, HOLD, PIVOT 1/4, CROSS, HOLD

1-2 Step forward on Right, close Left next to Right
3-4 Step forward on Right, HOLD
5-6 Step forward on Left, pivot 1/4 Right (weight Right)
7-8 Cross Left over Right, HOLD & clap hands (3:00)

S3: SIDE, BEHIND, SIDE, CROSS, ROCK, RECOVER, CROSS, HOLD

1-2 Step Right to Right side, cross Left behind Right
3-4 Step Right to Right side, cross Left over Right
5-6 Rock Right to Right side, recover on Left
7-8 Cross Right over Left, HOLD

S4: SIDE, BEHIND 1/4, HOLD, STEP, PIVOT 1/2, STEP FORWARD, HOLD

1-2 Step Left to Left side, cross Right behind Left
3-4 Turn 1/4 Left stepping forward on Left, HOLD (12:00)
5-6 Step forward on Right, pivot 1/2 Left (6:00)
7-8 Step forward on Right, HOLD

S5: HEEL STRUT, HEEL STRUT, MAMBO STEP, HITCH

1-2 Left heel forward, drop Left toes
3-4 Right heel forward, drop Right toes
5-6 Rock forward on Left, recover on Right
7-8 Step back on Left, hitch Right knee

S6: COASTER STEP, BRUSH, JAZZ BOX TOUCH

1-2 Step back on Right, close Left next to Right
3-4 Step forward on Right, brush left forward
5-6 Cross Left over Right, step back on Right
7-8 Step Left to Left side, touch Right next to Left

*** RESTART HERE DURING WALL 7**

S7: 1/2 TURN MONTEREY X2

1-2 Point Right to Right side, turn 1/2 Right closing Right next to Left
3-4 Point Left to Left side, close Left next to Right
5-6 Point Right to Right side, turn 1/2 Right closing Right next to Left
7-8 Point Left to Left side, close Left next to Right

S8: TOE STRUTS FORWARD X4

1-2 Touch Right toes forward, drop Right eel

- 3-4 Touch Left toes forward, drop Left heel
- 5-6 Touch Right toes forward, drop Right heel
- 7-8 Touch Left toes forward, drop Left heel

TAG: To be danced at the end of Wall 6 (facing front wall)

T1: STOMP, HOLD, STOMP, HOLD, KNEE POPS X4

- 1-2 Stomp Right forward and out to side, HOLD
 - 3-4 Stomp Left forward and out to Left side, HOLD
 - 5-6 Turn Left knee in taking weight on to Right, turn Right knee in taking weight onto Left
 - 7-8 Turn Left knee in taking weight on to Right, turn Right knee in taking weight onto Left
-