

Busindre Reel

拍数: 64 墙数: 4 级数: Easy Intermediate
编舞者: Jérôme Ciurana (FR) - January 2024
音乐: Busindre Reel - Hevia



Déscriptif : start on the heavy beat of instrumental near 1 min 04s faire do 64-32-64-64-32-32

[1-8] HEEL AND SIDE POINT SWITCHES, STEP 1/4 TURN , CROSS SHUFFLE

1& RIGHT heel forward, Step RIGHT beside left
2& LEFT heel forward, Step LEFT beside right
3& Point RIGHT to right side, Step RIGHT beside left
4& Point LEFT to left side, Step LEFT beside right
5-6 Step RIGHT forward , Pivot 1/4 turn left
7&8 Cross RIGHT over left , Step LEFT to left , Cross RIGHT over left

[9-16] SIDE, TOGETHER, LEFT COASTER STEP, STEP 1/2 TURN, WALK RIGHT /LEFT

1-2 Step LEFT to left side, Drag RIGHT beside left
3&4 Step LEFT back, Step RIGHT beside left, Step LEFT forward
5-6 Step RIGHT forward , Pivot 1/2 turn left
7-8 Step RIGHT forward, Step LEFT forward

[17-24] CROSS & HEEL & CROSS & HEEL, & CROSS SHUFFLE, BIG SIDE, TOGETHER WITH HINGE 1/4 TURN

1&2 Cross RIGHT over left, Step LEFT to left side, RIGHT heel forward on right diagonal
& Step RIGHT beside left
3&4 Cross LEFT over right, Step RIGHT to right side, LEFT heel forward on left diagonal
5&6 Cross RIGHT over left , Step LEFT to left , Cross RIGHT over left
7-8 Big step LEFT to left side, Hinge 1/4 turn right with step RIGHT to right side

[25-32] LEFT SHUFFLE FORWARD, 1/2 TURN , 1/2 TURN , MAMBO STEP RIGHT, LEFT COASTER STEP

1&2 Step LEFT forward, Step RIGHT next to left, Step LEFT forward
3-4 1/2 turn left and step RIGHT back, 1/2 turn left and step LEFT forward
5&6 Step RIGHT forward, Recover weight on LEFT, Step RIGHT back
7&8 Step LEFT back , Step RIGHT beside left, Step LEFT forward

[33-40] BRUSH HITCH STOMP RIGHT 1/4 TURN LEFT, BRUSH HITCH STOMP LEFT. SHUFFLE FORWARD RIGHT /LEFT

1&2 Brush RIGHT ball on floor, 1/4 turn left and hitch RIGHT, Step RIGHT on floor beside left
3&4 Brush LEFT ball on floor, Hitch LEFT, Step LEFT on floor beside right
5&6 Step RIGHT forward, Step LEFT next to right, Step RIGHT forward
7&8 Step LEFT forward, Step RIGHT next to left, Step LEFT forward

[40-48] CROSS ROCK, SIDE ROCK, CROSS ROCK, SIDE (RIGHT /LEFT)

1& Cross RIGHT over left, Recover weight on LEFT
2& Step RIGHT to right side, Recover weight on LEFT
3& Cross RIGHT over left, Recover weight on LEFT
4 Step RIGHT to right side
5& Cross LEFT over right, Recover weight on RIGHT
6& Step LEFT to left side, Recover weight on RIGHT
7& Cross LEFT over right, Recover weight on RIGHT
8 Step LEFT to left side

[49-56] JAZZ BOX 1/4 TURN , RIGHT SHUFFLE FORWARD, STEP 1/2 TURN

1-2 Cross RIGHT over left, Step LEFT back
3-4 1/4 turn right and step RIGHT to right side, Step LEFT forward
5&6 Step RIGHT forward, Step LEFT next to right, Step RIGHT forward
7-8 Step LEFT forward, Pivot 1/2 turn right (weight end on RIGHT)

[57-64] LEFT SHUFFLE FORWARD, STEP 3/4 TURN, JAZZ BOX

1&2 Step LEFT forward, Step RIGHT next to left, Step LEFT forward
3-4 Step RIGHT forward, Pivot 3/4 turn left
5-6 Cross RIGHT over left, Step LEFT back
7-8 Step RIGHT to right side, Step LEFT forward

SMILE WHEN YOU DANCE !!!!!!!

Les références des heures ne valent que sur le premier mur

Association spirit of country :

spiritofcountry@hotmail.fr

<https://www.youtube.com/user/MrSPIRITOF COUNTRY>
