

Get Bizzy

拍数: 64 墙数: 2 级数: Improver
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音乐: Get Bizzy - Paris Bennett



SAILOR STEP, BEHIND, WALK, WALK, STEP ½ PIVOT STEP, TOUCH

1&2 Cross step left behind right, step right to side, step left to side
3-5 Cross step right behind left, step forward left, step forward right
6&7 Step forward on left, turn ½ right (weight to right), step forward on left
8 Touch right next to left

KICK, OUT, OUT, HEEL, TOE, HITCH, ROCK & SIDE, BEHIND, ¼, STEP

1&2 Kick right forward, step right to side, step left to side
Left heel is raised, knee bent
3&4 Swivel right heel to left, swivel right toe to left, hitch right knee as left heel drops
5&6 Cross rock right behind left, recover on left, step right to side
&7-8 Cross step left behind right, turn ¼ right and step forward on right, step left to side

& CROSS, TOUCH, BEHIND & CROSS & CROSS, BACK, SIDE, CROSS

&1-2 Step right next to left, cross step left over right, touch right toe next to left
3&4 Cross step right behind left, step left to side, cross step right over left
&5 Step left to side, cross step right over left
6-8 Step a large step back on left, a large step back & slightly side on right, cross step left over right

¼ STEP, MAMBO STEP, BEHIND ¼ STEP, SAILOR ¾, SIDE

1 Turn ¼ right and step forward on right
2&3 Rock forward on left, recover on right, step back on left
4&5 Cross step right behind left, turn ¼ left stepping forward on left, step right to side
6&7 Cross step left behind right, turn ½ left and step right next to left, turn ¼ left and cross step left over right
8 Step right to side

Restart from here on wall 2

TOUCH, TOUCH, ¼ TURN, STEP, ½ PIVOT, KICK & STEP, STEP

1-2 Touch left toe forward diagonal right, touch left toe back diagonal left
3-4 Turn ¼ left (weight to left, step forward on right) (10:30)
5 Turn ½ left (weight to left) (4:30)
6&7 Kick right forward, step right next to left, step forward on left
8 Step forward on right

STEP, ROCK & CROSS & SIDE, CROSS, UNWIND, WALK, WALK

1 Step forward on left (4:30)
2&3 Rock to right side on right, recover on left, cross step right over left
&4 Step back on left, step back slightly diagonal right on right
5-6 Cross step left over right, unwind ½ turn to right (12:00)
7-8 Walk forward right-left

HITCH, OUT, OUT & CROSS, SIDE, ROCK & TOUCH & CROSS, SIDE

1&2 Hitch right knee forward, step right to side, step left to side
&3-4 Step right next to left, cross step left over right, step right to side
5&6 Cross rock left behind right, recover on right, touch left to side

&7-8 Step left to side, cross step right over left, step left to side

BEHIND, ¼ TURN, SIDE, ¼ TURN, STEP, KICK & STEP, POINT

1-2 Cross step right behind left, make ¼ turn to left stepping forward on left

3-5 Step right to side, turn ¼ left and step left to side, step forward on right

6&7 Kick left forward, step left next to right, step forward on right

8 Point left to left side

REPEAT

RESTART

On wall 2, dance up to & including count 32, then restart dance from count 1
