

Bustin' Loose

拍数: 48 墙数: 4 级数:
编舞者: Scott Blevins (USA)
音乐: Let Me Drive - Greg Holland



HIP BUMPS

- 1-4 With feet shoulder width apart, bump right hip to right four times
5-8 With feet shoulder width apart, bump left hip to left four times

RIGHT ROLLING VINE, LEFT ROLLING VINE WITH BRUSH

- 9-12 Roll to the right, right; left; right (full turn); touch left foot next to right foot
13-16 Roll to the left, left; right; left (full turn); brush right foot next to left foot

RIGHT SHUFFLE, STEP, TURN, STEP, TURN

- 17&18 Shuffle forward right; left; right
19-20 Step forward on left foot; pivot ½ turn to right
21-22 Step forward on left foot, pivot ½ turn to right

LEFT, RIGHT, CLAP, GRIND, HEEL, HEEL

- &23-24 Step forward left; right, with feet ending shoulder width apart; clap
25-26 Grind hips to the left
27-28 Bounce right heel twice

ANGLED SHUFFLE, ANGLED SHUFFLE

- 29&30 Shuffle in place at 45 degree angle to right, right; left; right
31&32 Shuffle in place at 45 degree angle to left, left; right; left

RIGHT KICK-BALL-CHANGE

- 33&34 Remain at 45 degree angle and kick right foot forward; step down on right foot; step down on left foot
35&36 Kick right foot forward; step down on right foot; step down on left foot

CROSS, KICK, CROSS, KICK, ¾ TURN LEFT

- 37-38 Cross right foot in front of left foot; kick left foot to left side and face 12 o'clock
39-40 Cross left foot in front of right foot; kick right foot to right side
41-42 Cross right foot in front of left foot; pivot ¾ turn to left ending with weight on right foot (3:00)

LEFT, RIGHT, CLAP, STEP, DIG, DROP, ½ TURN RIGHT, CLAP

- &43-44 Step forward left; right; clap
&45-46 Step back on left foot, touch (dig) right heel forward; drop right toe to floor, putting weight on right foot
47-48 Cross left foot in front of right foot; pivot (unwind) ½ turn to right (9 o'clock)

REPEAT
