

Buzz Off

拍数: 32 墙数: 4 级数: Improver
编舞者: Mark Cosenza (USA) & Glen Pospieszny (USA)
音乐: Buzz Buzz Buzz - Huey Lewis & The News



SWIVEL WALKS FORWARD, KICK, BACK SCOOT, KICK, BACK SCOOT

- 1-3 Step left in front of right twisting to left on ball of foot, step right in front of left twisting to right on ball of foot, step left in front of right twisting to left on ball of foot
4 Kick right foot forward
&5 Scoot back stepping down right, left
6 Kick right foot forward
&7 Scoot back stepping down right, left
8 Hold

Advanced option for counts 1-3:

- 1 With weight of ball of right foot, step forward on ball of left foot. You are now on the balls of both feet. Bend both knees and shift both knees to the left side, hips are shifted left also. This is a true "boogie walk" or "Shorty George" from the vaudeville days
2 Step forward on ball of right foot. On balls of both feet, keep knees bent, shift both knees & hips right
3 Step forward on ball of left foot. On balls of both feet, keep knees bent, shift both knees and hips left

TWIST RIGHT FOOT RIGHT-LEFT-RIGHT-LEFT, TWIST LEFT FOOT RIGHT-LEFT-RIGHT-LEFT

- 1-2 Twist right foot heel right, toes right
3-4 Twist right foot heel right, toes right to center (your right foot should now be in a wide side right position)

Style note: as you move your right foot side right, move your head and shoulders left

- 5-6 Twist left heel right, twist left toes right (moving towards right foot)
7-8 Twist left heel right, twist left toes right to center

Style note: as you move your left foot side right, move your head and shoulders back to center

STEP FORWARD WITH KNEE POPS, PIVOT ½ TURN RIGHT, ¼ TURN RIGHT

- 1-2 Step right forward, touching toe and popping knee in and out
3-4 Step left forward, touching toe and popping knee in and out
5-6 Step right forward, pivot ½ turn left
7-8 Step right forward, and pivot ¼ turn left

HOP RIGHT, HOP LEFT, SIDE TOUCH RIGHT ½ TURN, ROCK BACK AND RECOVER

- &1-2 Take a short hop diagonal right stepping right, left, hold
&3-4 Take a short hop to the left stepping left, right, hold
5-6 Touch right side right, pivot ½ turn right on left while stepping right together left (shift weight to right)
7 Rock back on left
8 Recover forward on right

REPEAT

TAG FOR "BUZZ BUZZ BUZZ" BY HUEY LEWIS AND THE NEWS

The 16 count tag should be done twice. The first time is 32 counts into the song (16 counts prior to vocals). Additionally, there is one distinct instrumental break in which the last 16 counts before the vocals begin again and are identical to the 16 beats prior to the vocals at the beginning of the song. This occurs at the end of wall 6. The tag should be repeated again at this point before beginning the dance again

- 1-2 Step side left, step right next to left and snap fingers

- 3-4 Step side right, step left next to right and snap fingers
- 5-6 Step forward left diagonal left, step right next left and snap fingers
- 7-8 Step back right, step left next to right and snap fingers
- 9-16 Repeat counts 1-8

Style note: exaggerate head and shoulders moves left and right when moving in each direction
