

Busy

拍数: 48 墙数: 2 级数: Easy Intermediate
编舞者: Jo Kinser (UK) & John Kinser (UK) - January 2011
音乐: Busy - Olly Murs



Start the dance on the vocals (0:10).

[1-8] Walk, Walk, Chariston Step, Coaster Step, Switch & Switch &

1,2 Step Rt fwd, Step Lt fwd
3,4 Sweep Rt foot from back to front touching Rt toe fwd, Sweep Rt toe from front to back
 stepping back on Rt
5&6 Step Lt back, Step Rt next to Lt, Step Lt fwd
7&8& Present Rt heel fwd, Step Rt next to Lt, Present Lt heel fwd, Step Lt next to Rt

[9-16] Rumba Fwd, Rumba Back, 1/4 & 1/4 , Rumba Back

1&2 Step Rt to Rt, Step Lt next to Rt, Step Rt fwd
3&4 Step Lt to Lt, Step Rt next to Lt, Step Lt back (beginning to make a 1/4 turn Rt)
5&6 Make 1/4 turn Rt stepping Rt to Rt (3:00), Step Lt next to Rt, Make 1/4 turn Rt stepping Rt
 fwd (6:00)
7&8 Step Lt to Lt, Step Rt next to Lt, Step Lt back

[17-24] Side, Together, Side, Touch, Side, Touch, Side Touch, Side, Together, 1/4, Full Turn

1&2& Step Rt to Rt, Step Lt next to Rt, Step Rt to Rt, Touch Lt next to Rt (Optional: Clap on the
 touches)
3&4& Step Lt to Lt, Touch Rt next to Lt, Step Rt to Rt, Touch Lt next to Rt (Optional: Clap on the
 touches)
5&6 Step Lt to Lt, Step Rt next to Lt, Make a 1/4 turn Lt stepping Lt fwd, (3:00)
7,8 Make a 1/2 turn Lt stepping Rt back, Make a 1/2 turn Lt stepping Lt fwd

[25-32] Jazz 1/4 Turn, Mambo Step, Coaster Step, Point 1/4, 1/2

1&2 Step Rt across Lt, Step Lt back, Make a 1/4 turn Rt stepping Rt fwd (6:00)
3&4 Rock Lt fwd, Replace weight Rt, Step Lt next to Rt
5&6 Step Rt back, Step Lt next to Rt, Step Rt fwd
7,8 Make 1/4 turn Rt pointing Lt to Lt (9:00), Make 1/2 turn Rt pointing Lt to Lt (3:00)

[33-40] Toe-Heel, Toe-Heel, Toe-Heel, 1/4, & Fwd, Step, Pivot, Full Turn, Fwd

1& Touch Lt toe across Rt, Drop Heel
2& Touch Rt toe to Rt, Drop Heel
3& Touch Lt toe across Rt, Drop Heel
4 Make 1/4 turn Rt stepping Rt fwd (6:00)
&5 Step Lt next to Rt, Step Rt fwd
*** Restart here: Wall 2 - &5, becomes &1.
6,7 Step Lt fwd, Pivot 1/2 turn Rt (weight Rt) (12:00)
8&1 Make 1/2 turn Rt stepping Lt back, Make 1/2 turn Rt stepping Rt fwd, Step Lt fwd (12:00)

[41-48] Walk, Walk, Rock & 1/4, Cross, Side, Behind, 1/4, Fwd

2,3 Step Rt fwd, Step Lt fwd
4&5 Rock Rt fwd, Replace weight Lt, Make a 1/4 turn Rt stepping Rt to Rt (3:00)
6 Step Lt across Rt
7&8& Step Rt to Rt, Step Lt behind Rt, Make a 1/4 turn Rt stepping Rt fwd (6:00), Step Lt fwd

HAVE FUN

Restart on the second wall facing (12:00).

Co-choreographers: (01.11)

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