

Busy Man

拍數: 104 牆數: 1 級數: Phrased Intermediate
編舞者: Chris Veber Østergaard (DK) - January 2016
音樂: Busy Man - Billy Ray Cyrus



Intro (Tag 3)-A-tag 1-A-B-B-tag 2-tag 3-A-B-B-tag 2-tag 3-C-A-B-B-Tag 2-Tag 3-Tag 3

A – 40 counts

A1: Side Step R, Scuff L, Side Step L, Scuff R, Vine R, Scuff L,

1-2 Step right to right side, scuff left beside right
3-4 Step left to left side, scuff right beside left
5-6 Step right to right side, cross left behind right
7-8 Step right to right side, scuff left beside right

A2: Side Step L, Scuff R, Side Step R, Scuff L, Vine L, Scuff R,

1-2 Step left to left side, scuff right beside left
3-4 Step right to right side, scuff left beside right
5-6 Step left to left side, cross right behind left
7-8 Step left to left side, scuff right beside left

A3: Step Forward R, ½ L with flick, Step Forward L, Scuff R, Jazzbox R, Step Forward L,

1-2 Step forward on right, turn ½ to left while making a flick with left
3-4 Step forward on left, scuff right
5-6 Cross right over left, step back on left
7-8 Step right to right side, step forward on left

A4: Scuff R, Brush R, Toestrut Back R, Jumping Backrock L, Stomp Up L, Stomp Forward L,

1-2 Scuff right forward, brush back on right
3-4 Point right toe back, heel down
5-6 Jump back on left (rock back left), recover on right
7-8 Stomp up on left, stomp forward on left

A5: Rock Forward R, Rock ½ R, Jumping Backrock R, Scoot twice,

1-2 Rock forward on right, recover on left
3-4 Rock ½ forward on right, recover on left
5-6 Jump back on right (rock back right), recover on left
7-8 Jumping forward on left foot and leg right up (Twice)

B – 32 counts

B1: Jumping Crossrock R x2, Jumping Backrock R, Stomp Forward R,

1-2 (Jumping) Cross right over left, recover on left
3-4 (Jumping) Cross right over left, recover on left
5-6 Jump back on right (rock back right), recover on left
7-8 Stomp forward on right, hold

B2: Jumping Crossrock L, Jumping Backrock L, Jumping Crossover L, Jumping ¼ L x2, Scuff R

1-2 (Jumping) Cross left over right, recover on right
3-4 Jump back on left, recover on right
5-6 (Jumping) Cross left over right, make ¼ left while jumping back on right
7-8 (Jumping) Make ¼ left with left, scuff right

B3: Jumping Crossrock R, Scuff L, Jumping Crossrock L, Scuff R

1-2 (Jumping) Cross right over left, recover on left

- 3-4 Jump right to right side, scuff left
- 5-6 (Jumping) Cross left over right, recover on right
- 7-8 Jump left to left side, scuff right

B4: Kick R, Stomp R, Flick L, Stomp L, Swivels R-L

- 1-2 Kick right forward, stomp up right
- 3-4 Flick left back, stomp up left
- 5-6 Swivel right toe to right and left heel to left, return to place
- 7-8 Swivel left toe to left and right heel to right, return to place

C – 32 counts

C1: XLR8 R, Kick Forward R, Stomp Up R, Kick Side R, Stomp R

- 1-2 Step right heel forward, step left heel together
- 3-4 Step right foot back, step left foot together
- 5-6 Kick forward right, stomp up right
- 7-8 Kick to right side with right, stomp right

C2: XLR8 L, Kick Forward L, Stomp Up L, Kick Side L, Stomp L

- 1-2 Step left heel forward, step right heel together
- 3-4 Step left foot back, step right foot together
- 5-6 Kick forward left, stomp up left
- 7-8 Kick to left side with left, stomp left

C3: Crossrock R, Side Step R, Crossrock L, Side step L, Scuff R, Brush R

- 1-2 Cross right over left, recover on left
- 3-4 Step right to right side, cross left over right
- 5-6 Recover on right, step left to left side
- 7-8 Scuff right, brush right back

C4: Toestrut Back R, Toestrut ½ L, Pivot ½ L, Stomp Up R

- 1-2 Point right toe back, heel down
- 3-4 Point left toe back making ½ turn left, heel down
- 5-6 Step forward on right, make pivot ½ L
- 7-8 Stomp up right, hold

Tag 1 – After 1st A section.

Rockingchair R, XLR8 R

- 1-2 Rock forward on right, recover on left with a stomp
- 3-4 Rock back on right, recover on left with a stomp
- 5-6 Step right heel forward, step left heel together
- 7-8 Step right foot back, step left foot together

Tag 2 – After 2nd, 4th and 6th B section.

Rockingchair R

- 1-2 Rock forward on right, recover on left with a stomp
- 3-4 Rock back on right, recover on left with a stomp

Tag 3(Intro) Count to 16 in the start and dance the intro (tag 3).

After every tag 2, dance tag 3.

After the 3rd tag 2, dance tag 3 two times.

Jazzbox R, Cross L, ½ L, Scuff R, Stomp R

- 1-2 Cross right over left, step back on left
- 3-4 Step right to right side, cross left over right
- 5-6 Make ¼ left stepping back on right, make ¼ left stepping left to left side
- 7-8 Scuff right, stomp right

Jazzbox L, Cross R, ½ R, Scuff L, Stomp L

- 1-2 Cross left over right, step back on right
- 3-4 Step left to left side, cross right over left
- 5-6 Make ¼ right stepping back on left, make ¼ right stepping right to right side
- 7-8 Scuff left, stomp left

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