

# Just Bust a Move

拍數: 32      牆數: 4      級數: Improver  
編舞者: Justin Desloges - January 2019  
音樂: Bust a Move - Young MC



## No Tags, No Restarts

### Section 1 - Counts (1 - 8) Rock and Cross, Rock and 1/4 Turn, Rock - Recover, Coaster Step

1&2      Rock out to the R side, Recover onto L, Cross R over L  
3&4      Rock out to L side, Recover onto R, Cross L over R Stepping a 1/4 turn (3:00)  
5-6      Rock Forward onto R, Recover onto L  
7-8      Step R back, Step together with L, Step forward with R

### Section 2 - Counts (9 - 16) Full - Turn (Forward), Rock - Recover, Full - Turn (Backwards), Coaster Step

1-2      Step Forward onto L Making a 1/2 turn, 1/2 turn pivot stepping forward onto R  
3-4      Rock Forward onto L, Recover onto R  
5-6      Step Backwards onto L Making a 1/2 turn, 1/2 turn pivot stepping backward onto R  
7&8      Step L back, Step together with R, Step forward with L

#### \*Easier Option\*

(1-2) Walk forward on the L, Walk Forward onto the R  
(3-4) Rock Forward onto L, Recover onto R  
(5-6) Walk Backwards onto L, Walk Backwards on R  
(7&8) Step L back, Step together with R, Step forward with L

### Section 3 - Counts (17 - 24) Wizard Steps, Step - 1/2 Turn, Kick - Ball Change

1-2&      Step forward R, Step L behind R, Step forward R  
3-4&      Step forward L, step R behind L, Step forward L  
5-6      Step Forward onto R, 1/2 Turn Pivot stepping onto L (9:00)  
7&8      Kick R forward, Step ball of R next to L, Step L next to R

### Section 4 - Counts (25 - 32) Toe Struts, Out - Cross, Unwind(Full Turn) - Stomp

1-2      Step forward on R toe, drop R heel  
3-4      Step forward on L toe, drop L heel  
5-6      Jump parting both feet to sides, Jump crossing R and L  
7-8      Unwind - turning a full turn over left shoulder, Stomp L

#### \*Easier Option\*

(5-6) Sway hips to the R, Sway Hips to the L  
(7-8) Sway hips to the R, Sway Hips to the L

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