

# B-U

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Jean-Pierre Madge (CH) - January 2020  
音樂: Mesdames & messieurs - Rina Cabera



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## Step, Touch, Step, Touch, Step Together Step, Cross, Back, ¼ Ball Cross, Flick.

- 1&            Step R back to R diagonal (1), Touch L next R (&),  
2&            Step L back to L diagonal (2), Step R back (&),  
3&4          Step R back to R diagonal (3), Step L next R (&), Step R back to R diagonal (4)

**Styling : when you step back, try to do little steps and bend your knees, open them when you step back and close them when you Touch (dancehall style!)**

- 5-6            Cross L over R (5), Step R back (6),  
&7-8          ¼ L Step L to L (&), Cross R over L (7) Flick L to L and Snap R hand over your head (8).

## Rock ½ L, Rock ¼ R, Cross shuffle and Behind and Cross.

- 1&2            Rock L forward (1), Recover (&) ½ L Step L forward (2)  
3&4            Rock R forward (3), Recover (&), ¼ R Step R to R (4),  
5&6            Cross L over R (5), R to R (&), Cross L over R (6),  
&7&8          R to R (&), Cross L behind R (7), R to R (&) Cross L over R (8).

## Chassé ¾ R, ½ pivot L, Step Turn Step, Jump.

- 1&2&3&4        Chassé R to R making a ¾ R (1&2&3&4)  
5                Pivot ½ L Step L forward (5)  
6&7            Step R forward (6) ½ L Step L forward (&) Step R forward (7)  
8                Jump forward with feet together (8).

## Step, Rock and Cross, Side, Behind, Rock and Lock Unwind ½ .

- 1-2&3          Step R forward (1), Rock L to L (2), Recover (&), Cross L over R (3)  
4-5            Step R to R (4), Step L behind R (5),  
6&7            Rock R to R (6), Recover (&), Lock R behind L (&),  
8                As R is locked behind L, unwind ½ (8) your weight is on L to start the dance again.

**Start the dance again and put your own style ;) Be you !**

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