

Bust a Move

拍數: 32 牆數: 4 級數: Improver
編舞者: Luke Shrimpton (UK) - January 2023
音樂: Bust a Move - Young MC



No tags or restarts!!!!!!

[1-8] Grapevine right, syncopated weave left, step together, bounce heels

- 1 Step right to right side
- 2 Step left behind right
- 3 Step right to right side
- 4 Touch left next to right
- &5 Step left to left side, step right behind left
- &6 Step left to left side, step right across left
- &7 Step left to left side, step right foot next to left
- &8 Raise both heels, replace weight in place

[9-16] Right jazzbox cross, point right & left & right, Knee pop, pop ¼ turn right

- 9 Cross right over left
- 10 Step back left
- 11 Step right to right side
- 12 Cross left over right
- 13 Point right to right side
- &14 Step right in place, point left to left side
- &15 Step left in place, point right to right side
- &16 Pop right knee in towards left, pop right knee to right side while turning a ¼ turn right (3 o'clock)

[17-24] Right Coaster Step, Left Rock, Recover, Left Shuffle ½ turn, ¼ Turn Right, Together

- 17 Step back right
- &18 Step left together, Step forward right
- 19 Rock forward onto left foot
- 20 Recover weight on to right foot
- 21& Step left foot ¼ turn left, step right foot together
- 22 Step left forward ¼ turn left (9 o'clock)
- 23 Step right ¼ turn right (6 o'clock)
- 24 Step left next to right

[25-32] Side rocks, Right rock, Tap, tap, ¼ Hitch

- 25 Rock right to right
- 26& Recover weight on to left, step right next to left
- 27 Rock left to left
- 28& Recover weight on to right, step left next to right
- 29 Rock forward right
- 30 Recover weight on to left
- 31& Tap right foot next to left, tap right foot next to left
- 32 Hitch right while turning a ¼ turn right (9 o'clock)