

Get Busy

拍數: 32 牆數: 4 級數: Beginner
編舞者: Lorrae Goding (AUS) & Paula-jayne Ogilvie (AUS) - October 2024
音樂: Do a Little Damage - The Wet Whistles



No tags or restarts.

Dance begins on the word 'doctor'

This dance was created to teach sailor steps and cross samba steps.

Section 1. Rock forward, recover, shuffle back, rock back, recover, shuffle forward

1,2,3&4 rock forward on RF, recover weight on LF, step back on RF, step LF beside RF, step RF back
5,6,7&8 rock back on LF, recover weight on RF, step forward on LF, step RF beside LF, step LF forward

Section 2. Vine right and touch, side touch L and R.

1,2,3,4 step RF to Right, cross LF behind RF, step RF to right side, touch LF beside RF.
5,6,7,8 step LF to left side, touch RF beside LF, step RF to right side, touch LF beside RF.

Section 3. Vine left 1/4 touch, side touch R and L.

1,2,3,4 step LF to left side, cross RF behind LF, 1/4 turn Left stepping forward LF, touch RF beside LF.
5,6,7,8 step RF to right side, touch LF beside RF, step LF to left side, touch RF beside LF.

Section 4. Right sailor, left sailor, right cross samba, cross point.

1&2 cross RF behind LF, step LF to left side, step RF to right side.
3&4 cross LF behind RF, step RF to right side, step LF to left side.
5&6 cross RF over LF, step LF to left side, step RF to right side.
7,8 cross LF over RF, point RF to right side.

Repeat dance

Any questions please contact Lorrae or Paula on
lorrae1965@hotmail.com
paulajogilvie1988@gmail.com