

# Get Bizzy

拍數: 64      牆數: 2      級數: Improver  
編舞者: Neville Fitzgerald (UK) & Julie Harris (UK)  
音樂: Get Bizzy - Paris Bennett



## SAILOR STEP, BEHIND, WALK, WALK, STEP ½ PIVOT STEP, TOUCH

1&2      Cross step left behind right, step right to side, step left to side  
3-5      Cross step right behind left, step forward left, step forward right  
6&7      Step forward on left, turn ½ right (weight to right), step forward on left  
8      Touch right next to left

## KICK, OUT, OUT, HEEL, TOE, HITCH, ROCK & SIDE, BEHIND, ¼, STEP

1&2      Kick right forward, step right to side, step left to side  
**Left heel is raised, knee bent**  
3&4      Swivel right heel to left, swivel right toe to left, hitch right knee as left heel drops  
5&6      Cross rock right behind left, recover on left, step right to side  
&7-8      Cross step left behind right, turn ¼ right and step forward on right, step left to side

## & CROSS, TOUCH, BEHIND & CROSS & CROSS, BACK, SIDE, CROSS

&1-2      Step right next to left, cross step left over right, touch right toe next to left  
3&4      Cross step right behind left, step left to side, cross step right over left  
&5      Step left to side, cross step right over left  
6-8      Step a large step back on left, a large step back & slightly side on right, cross step left over right

## ¼ STEP, MAMBO STEP, BEHIND ¼ STEP, SAILOR ¾, SIDE

1      Turn ¼ right and step forward on right  
2&3      Rock forward on left, recover on right, step back on left  
4&5      Cross step right behind left, turn ¼ left stepping forward on left, step right to side  
6&7      Cross step left behind right, turn ½ left and step right next to left, turn ¼ left and cross step left over right  
8      Step right to side

**Restart from here on wall 2**

## TOUCH, TOUCH, ¼ TURN, STEP, ½ PIVOT, KICK & STEP, STEP

1-2      Touch left toe forward diagonal right, touch left toe back diagonal left  
3-4      Turn ¼ left (weight to left, step forward on right) (10:30)  
5      Turn ½ left (weight to left) (4:30)  
6&7      Kick right forward, step right next to left, step forward on left  
8      Step forward on right

## STEP, ROCK & CROSS & SIDE, CROSS, UNWIND, WALK, WALK

1      Step forward on left (4:30)  
2&3      Rock to right side on right, recover on left, cross step right over left  
&4      Step back on left, step back slightly diagonal right on right  
5-6      Cross step left over right, unwind ½ turn to right (12:00)  
7-8      Walk forward right-left

## HITCH, OUT, OUT & CROSS, SIDE, ROCK & TOUCH & CROSS, SIDE

1&2      Hitch right knee forward, step right to side, step left to side  
&3-4      Step right next to left, cross step left over right, step right to side  
5&6      Cross rock left behind right, recover on right, touch left to side

&7-8 Step left to side, cross step right over left, step left to side

**BEHIND, ¼ TURN, SIDE, ¼ TURN, STEP, KICK & STEP, POINT**

1-2 Cross step right behind left, make ¼ turn to left stepping forward on left

3-5 Step right to side, turn ¼ left and step left to side, step forward on right

6&7 Kick left forward, step left next to right, step forward on right

8 Point left to left side

**REPEAT**

**RESTART**

On wall 2, dance up to & including count 32, then restart dance from count 1

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