

Get Busy

COPPER KNOB
STEPSHEETS

拍數: 72 牆數: 4 級數: Improver hip hop
編舞者: Mac
音樂: Get Busy - Sean Paul



LEFT SIDE ROCK, CROSS SHUFFLE, ROCK STEP BACK, FORWARD SHUFFLE

1-2 Step side rock left, recover weight back onto left
3&4 Step left cross right, step right next to left, step left cross
5-6 Rock side with right, recover weight forward onto left
7&8 Step forward right, step together left, step forward right

½ PIVOT TURN, FORWARD SHUFFLE, ½ PIVOT TURN, MAMBO CROSS

1-2 Step forward left, pivot ½ turn to the right onto right
3&4 Step forward left, step together right, step forward left
5-6 Step forward right, pivot ½ turn to the left onto left
7&8 Rock side right, recover weight back onto left, step right across left

MAMBO CROSS, MAMBO CROSS, TOUCH & STEP, FORWARD SHUFFLE

1&2 Rock side left, recover weight back onto right, step left across right
3&4 Rock side right, recover weight back onto left, step right across left
5-6 Touch side left, step forward left
7&8 Step forward right, step together left, step forward right

¼ PIVOT TURN, SIDE BEHIND & FRONT, SIDE ROCK, SIDE BEHIND & FRONT

1-2 Step forward left, pivot ¼ turn to the right onto right
3&4 Left crosses behind right, right step to right side, left crosses in front of right
5-6 Rock right to the right side, recover weight back onto left
7&8 Right crosses behind left, left step to left, right crosses in front of left

STEP SLIDE TOUCH, ¾ TURNING RIGHT, ROCK BACK, FORWARD SHUFFLE

1-2 Step left foot to left side, slide and touch right foot next to left
3&4 Turning ¾ right step right foot right, turning ½ left step across right, step right foot back finishing the turn
5-6 Rock left foot back, recover weight on right foot
7&8 Step left foot forward, step right foot together, step left foot forward

ROCK STEP, COASTER STEP, ROCK STEP, COASTER STEP

1-2 Rock right foot forward, recover weight on left foot
3&4 Step right foot back, step left foot together, step right foot forward
5-6 Rock left foot forward, recover weight on right foot
7&8 Step left foot back, step right foot together, step left foot forward

TOUCH-TOUCH, SAILOR ¼ TURN, TOUCH-TOUCH, SAILOR ¼ TURN

1-2 Touch right forward, touch right to the side
3&4 Step right behind left turning ¼ turn to the right, step left next to right, step right forward
5-6 Touch left forward, touch left to the side
7&8 Step left behind right turning ¼ turn to the left, step right next to left, step left forward

STEP BACK WITH ¼ TURN & LEFT KICK, COASTER STEP, FORWARD STEPS, RIGHT CROSS ROCK

1-2 Step right foot back turning ¼ right, kick left foot forward
3&4 Step left foot back, step right foot together, step left foot forward

5-6 Step right foot forward, step left foot together
7&8 Rock right foot across left foot, recover weight on left foot, step right to the side

HIPS FRONT-BACK, HIPS PUSHES, HIPS FRONT-BACK, HIPS PUSHES

1-2 Step forward left, push hips to left front diagonal, push hips back to right diagonal
3&4 Push hips left-right-left (to the left front diagonal and back right diagonal)
5-6 Step forward right, push hips to right front diagonal, push hips back to left diagonal
7&8 Push hips right-left-right (leaving the weight at the right foot)

REPEAT

Start the dance with instrumental music and clapping at the 10th second, do the first 32 counts and then start over.
