

# 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.**

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