

Busted

拍數: 32 牆數: 4 級數: Improver west coast swing
編舞者: Christine Bass (USA)
音樂: My Give a Damn's Busted - Joe Diffie



RIGHT DIAGONAL - STEP, SLIDE, STEP, KICK LEFT DIAGONAL, LEFT DIAGONAL - STEP, SLIDE, STEP, HOOK RIGHT ¼ TURN (3:00)

- 1-4 Step right forward, slide left up to right, step right forward, kick left foot diagonally to left corner
- 5-8 Step left forward, slide right up to right, step left forward, (with weight on ball of left foot) hook right foot in front of left shin (looks like a figure 4) turning ¼ turn (over right shoulder)

RIGHT STEP-LOCK-STEP, SIDE STEP, SHOULDER-HIP BUMPS, LEFT & RIGHT (SIDE BODY ROLLS)

- 1-4 Step forward on right foot, lock step left foot behind right foot, step forward on right foot, step left to left side
- 5&6 Push shoulder to left dipping left shoulder down, bring left shoulder up, push hips to left (shifting weight to left foot) & point right toe to right side

Option: dip down with weight on both feet & touch

- 7&8 Push shoulder to right dipping right shoulder down, bring right shoulder up, push hips to right (shifting weight to right foot) & point left toe to left side

Option: dip down with weight on both feet & touch

STEP LEFT BEHIND RIGHT, TURN ¼ RIGHT, STEP LEFT FORWARD, TOUCH RIGHT TO RIGHT SIDE (6:00), TWIST RIGHT KNEE IN OUT IN OUT

- 1-4 Step left behind right, ¼ turn right, step left forward, touch (point) right out to right side (6:00)
- 5-8 (Weight on left) - on ball of right foot swivel right heel out (at the same time) twist right knee in, swivel right heel in (at the same time) twist right knee out, swivel right heel out (at the same time), twist right knee in, swivel right heel in (at the same time) twist right knee out

RIGHT SAILOR SHUFFLE, LEFT SAILOR SHUFFLE ¼ RIGHT (9:00), MASHED POTATOES (MOVING BACKWARD)

- 1&2 Cross step right behind left, step left to left, step right to right
- 3&4 Cross step left behind right, turning ¼ right step right to right, step left to left
- &5 Split both heels, split both toes as right foot moves behind left
- &6 Split both heels, moving left foot parallel with right foot, split both toes as right foot moves behind left
- &7 Split both heels, moving right foot parallel with left foot, split both toes as right foot moves behind left
- &8 Split both heels, bring together (weight on left)

Option for mashed potato: sweep right behind left, sweep left behind right, sweep right behind left, bring both feet together

REPEAT
