

# Bustin' Out

拍數: 48      牆數: 4      級數: Advanced  
編舞者: Andie Ghidiu (USA)  
音樂: Everybody (Backstreet's Back) - Backstreet Boys



## APPLEJACKS, HEEL-TOE SPLITS, PUMP AND TOUCH, PUMP AND HITCH

- 1&2& Single applejacks starting left (left, return, right, return)  
3& Traveling to the left with weight on left heel and right toe move left toe and right heel to the left, Transfer weight to left toe and right heel and move left heel and right toe to left  
4& Repeat 3&  
5&6 Touch (pump) right foot back at a right diagonal (left heel will twist right), hitch right knee (left heel will recover to center), touch right foot next to left  
7-8 Hitch right knee across left (left heel twists left), return right foot next to left with toes pointed in

## APPLEJACKS, HEEL-TOE SPLITS, PUMP AND TOUCH, PUMP AND SPIN

- 1&2& Single applejacks starting right (right, return, left, return)  
3&4& Traveling to the right with weight on left toe and right heel; move right toe and left heel to the right, shift weight and move right heel and left toe to the right, left, repeat count 3, shift weight and move left toe in while hitching right knee across left  
5&6& Touch or pump right foot back at a right diagonal, hitch right knee, touch right foot next to left, hitch right knee  
7&8 Touch or pump right foot back at a right diagonal, hitch right knee while turning a full turn to the right on left foot, step down on right (allow opposite foot to twist when doing pumps)

## KICK, KICK, SAILOR'S STEP, KICK, KICK, SAILOR'S STEP

- 1-2 Kick left leg forward angled diagonally to right (allow body to turn 45 right), kick left leg back at same diagonal  
3&4 Step left foot behind right, step right foot to right side, step left foot to left side to end with body facing at a 45 diagonal left of front  
5-8 Repeat kicks and sailor with right turning the sailor 3/8 right (now facing ¼ right of front wall)

## SLIDE-SLIDE-SLIDE-TOUCH, TOUCH, PIVOT, FULL-SPIN

- 1-3-4 Three sliding steps back (right, left, right) bending opposite knee (moon walk), touch left next to right on 4 and snap fingers of right hand  
5-6 Point left toe to left side, turn ¼ left rolling weight forward onto left (body roll)  
7-8 Make a full spin right on left foot ending feet apart

## 2 SCOOTs, (KNEE WORKS) IN-OUT-IN-OUT, IN-OUT-UP, HOOK-STEP, HIP BUMPS

- 1-2 Bend knees and scoot forward 2 times keeping feet even wider apart  
&3&4 Bend (pop) right knee toward left, then back out, bend (pop) left knee toward right, then back out

**Arm movements: left arm starts at chest level (elbow bent with forearm perpendicular to floor and fist pointed to ceiling) and moves across body towards right side and then back when right knee moves in and out. Drop left while right arm in same position moves across body toward left side and then back when left knee moves in and out)**

- 5&6 Bend both knees in, then out, then stand and straighten knees (hands on thighs for these)  
&7&8 Bend left knee hooking left foot behind right leg and touch with right hand, return left next to but apart from right twisting both feet so that toes point ¼ right, bump hips right, left (pump arms with hips)

## HOLD OR JAM, DOLPHIN ROLL, CROSS UNWIND, SWIVEL AND BUMP

- 1-2- Hold or do your own thing

&3-4 Lean slightly forward and step back with right foot on &, step back with left on 3, roll body back toward wall  $\frac{1}{4}$  left of front and end with weight on left foot on 4

5-6 Cross right foot behind left, unwind  $\frac{1}{2}$  turn right

7&8 Twist right on right heel and left toe, return to center, bump hips right on 6

**Arms: on 7 right arm is bent at elbow with forearm across chest pointing left and left arm is extended left at shoulder level, hands are in fists. On & bring arms together with both elbows bent to end with arms crossed at wrists at chest level on 8**

**REPEAT**

**TAG**

**When using "Dance, Shout!", on the 6th wall only, add 4 counts between counts 32 and 33. Do your own thing.**

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