

Buzz

拍數: 32 牆數: 2 級數: Improver
編舞者: Cato Larsen (NOR)
音樂: Buzz - Steps



WALK FORWARD, SIDE ROCK & CROSS, ¼ TURN, STEP, SIDE ROCK & CROSS

1-2 Step forward on right, step forward on left
3&4 Step right to right side, rock (recover) back again on left, step right across of left
5-6 Step left a ¼ turn left, step forward on right
7&8 Step left to left side, rock (recover) back again on right, step left across of right

SIDE SHUFFLE, ¼ TURN, SIDE SHUFFLE, ¼ TURN, SIDE SHUFFLE, CROSS ROCK, SIDE

1&2 Step right to right side, step left next to right, step right to right side
& Pivot ¼ turn left
3&4 Step left to left side, step right next to left, step left to left side
& Pivot ¼ turn left
5&6 Step right to right side, step left next to right, step right to right side
7&8 Step left across of right, rock (recover) back again on right, step left to left side

MAMBO ROCK, FUNKY TOE TAPS, MAMBO ROCK, FUNKY TOE TAPS

1&2 Step forward on right, rock (recover) back onto left, step back on right
3&4 Tap left toe forward, hitch left knee, step forward on left
5&6 Step forward on right, rock (recover) back onto left, step back on right
7&8 Tap left toe forward, hitch left knee, step forward on left

Styling: while doing the tap-hitch-step sections; push your hips forward when you tap and when you step, and do some shoulder-shrugs at the same time

SIDE ROCK & KICK INTO A JAZZ BOX, QUICK LOCK STEPS

1& Step right to right side, rock (recover) back onto left
2& Kick right foot forward, step right across of left
3-4 Step back on left, step right to right side
5&6 Step forward on left, lock right behind left, step forward on left
&7 Step forward on right, lock left behind right
&8 Step forward on right, step forward on left

REPEAT