Just Bust a Move

级数: Improver

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音乐: Bust a Move - Young MC

No Tags, No Restarts	
Section 1 - Counts (1 - 8) Rock and Cross, Rock and 1/4 Turn, Rock - Recover, Coaster Step	
1&2	Rock out to the R side, Recover onto L, Cross R over L
3&4	Rock out to L side, Recover onto R, Cross L over R Stepping a 1/4 turn (3:00)
5-6	Rock Forward onto R, Recover onto L
7-8	Step R back, Step together with L, Step forward with R
Section 2 - Counts (9 - 16) Full - Turn (Forward), Rock - Recover, Full - Turn (Backwards), Coaster Step	
1-2	Step Forward onto L Making a 1/2 turn, 1/2 turn pivot stepping forward onto R
3-4	Rock Forward onto L, Recover onto R
5-6	Step Backwards onto L Making a 1/2 turn, 1/2 turn pivot stepping backward onto R
7&8	Step L back, Step together with R, Step forward with L
Section 3 - Counts (17 - 24) Wizard Steps, Step - 1/2 Turn, Kick - Ball Change	
1-2&	Step forward R, Step L behind R, Step forward R
3-4&	Step forward L, step R behind L, Step forward L
5-6	Step Forward onto R, 1/2 Turn Pivot stepping onto L (9:00)
7&8	Kick R forward, Step ball of R next to L, Step L next to R
Section 4 - Counts (25 - 32) Toe Struts, Out - Cross, Unwind(Full Turn) - Stomp	
1-2	Step forward on R toe, drop R heel
3-4	Step forward on L toe, drop L heel
5-6	Jump parting both feet to sides, Jump crossing R and L
7-8	Unwind - turning a full turn over left shoulder, Stomp L

Last Update: 23 Feb 2025





拍数: 32

墙数:4