Bust A Move

拍数: 32

级数: Beginner hip hop

编舞者: Violet Ray (USA)

音乐: Last Night (feat. DJ Robbie) - Chris Anderson

RIGHT & LEFT HIP BUMPS WITH FINGER SNAPS

- 1-4 Bump hips 4 times to right with weight on right foot (at same time, extend right arm 45 degree forward, bending right hand and extending hand while snapping fingers)
- 5-8 Bump hips 4 times to left with weight on left foot (at same time, extend left arm 45 degree forward, bending left hand and extending hand while snapping fingers)

RIGHT & LEFT CROSS STEPS

- 1-2 Cross right foot over left foot, step left foot to side of right foot
- 3-4 Cross right foot over left foot, step left foot to side of right foot
- 5-6 Step right foot to side of left foot, cross left foot over right foot
- 7-8 Step right foot to side of left foot, cross left foot over right foot

RIGHT & LEFT SHUFFLES FORWARD (2X)

- 1&2 Step forward on right foot, step left foot next to right foot, step forward on right foot
- 3&4 Step forward on left foot, step right foot next to left foot, step forward on left foot
- 5&6 Step forward on right foot, step left foot next to right foot, step forward on right foot
- 7&8 Step forward on left foot, step right foot next to left foot, step forward on left foot

1/4 RIGHT, RIGHT & LEFT SIDE STEPS WITH TAPS

- 1-2 Turn ¼ right stepping right foot to right side, step left foot next to right foot
- 3-4 Step right foot to right side, tap left foot next to right foot
- 5-6 Step left foot to left side, step right foot next to left foot
- 7-8 Step left foot to left side, tap right foot next to left foot

Styling for last 8 counts: when stepping on right foot, raise your left hip & left shoulder up rotating your shoulder from front to back. When stepping on your left foot, raise your right hip & right shoulder up rotating your shoulder from front to back.

REPEAT





墙数:4