

GET BUSY

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Count: 72

Wall: 4

Level: beginner/intermediate hip hop

Choreographer: Mac

Music: Get Busy by Sean Paul

LEFT SIDE ROCK, CROSS SHUFFLE, ROCK STEP BACK, FORWARD SHUFFLE

- 1-2 Step side rock left, recover weight back onto left
- 3&4 Step left cross right, step right next to left, step left cross
- 5-6 Rock side with right, recover weight forward onto left
- 7&8 Step forward right, step together left, step forward right

½ PIVOT TURN, FORWARD SHUFFLE, ½ PIVOT TURN, MAMBO CROSS

- 1-2 Step forward left, pivot ½ turn to the right onto right
- 3&4 Step forward left, step together right, step forward left
- 5-6 Step forward right, pivot ½ turn to the left onto left
- 7&8 Rock side right, recover weight back onto left, step right across left

MAMBO CROSS, MAMBO CROSS, TOUCH & STEP, FORWARD SHUFFLE

- 1&2 Rock side left, recover weight back onto right, step left across right
- 3&4 Rock side right, recover weight back onto left, step right across left
- 5-6 Touch side left, step forward left
- 7&8 Step forward right, step together left, step forward right

¼ PIVOT TURN, SIDE BEHIND & FRONT, SIDE ROCK, SIDE BEHIND & FRONT

- 1-2 Step forward left, pivot ¼ turn to the right onto right
- 3&4 Left crosses behind right, right step to right side, left crosses in front of right
- 5-6 Rock right to the right side, recover weight back onto left
- 7&8 Right crosses behind left, left step to left, right crosses in front of left

STEP SLIDE TOUCH, ¾ TURNING RIGHT, ROCK BACK, FORWARD SHUFFLE

- 1-2 Step left foot to left side, slide and touch right foot next to left
- 3&4 Turning ¾ right step right foot right, turning ½ left step across right, step right foot back finishing the turn

- 5-6 Rock left foot back, recover weight on right foot
- 7&8 Step left foot forward, step right foot together, step left foot forward

ROCK STEP, COASTER STEP, ROCK STEP, COASTER STEP

- 1-2 Rock right foot forward, recover weight on left foot
- 3&4 Step right foot back, step left foot together, step right foot forward
- 5-6 Rock left foot forward, recover weight on right foot
- 7&8 Step left foot back, step right foot together, step left foot forward

TOUCH-TOUCH, SAILOR $\frac{1}{4}$ TURN, TOUCH-TOUCH, SAILOR $\frac{1}{4}$ TURN

- 1-2 Touch right forward, touch right to the side
- 3&4 Step right behind left turning $\frac{1}{4}$ turn to the right, step left next to right, step right forward
- 5-6 Touch left forward, touch left to the side
- 7&8 Step left behind right turning $\frac{1}{4}$ turn to the left, step right next to left, step left forward

STEP BACK WITH $\frac{1}{4}$ TURN & LEFT KICK, COASTER STEP, FORWARD STEPS, RIGHT CROSS ROCK

- 1-2 Step right foot back turning $\frac{1}{4}$ right, kick left foot forward
- 3&4 Step left foot back, step right foot together, step left foot forward
- 5-6 Step right foot forward, step left foot together
- 7&8 Rock right foot across left foot, recover weight on left foot, step right to the side

HIPS FRONT-BACK, HIPS PUSHES, HIPS FRONT-BACK, HIPS PUSHES

- 1-2 Step forward left, push hips to left front diagonal, push hips back to right diagonal
- 3&4 Push hips left-right-left (to the left front diagonal and back right diagonal)
- 5-6 Step forward right, push hips to right front diagonal, push hips back to left diagonal
- 7&8 Push hips right-left-right (leaving the weight at the right foot)

REPEAT

Start the dance with instrumental music and clapping at the 10th second, do the first 32 counts and then start over.