

Buddy, She's a Buzzkill

Count: 32

Wall: 4

Level: Improver

Choreographer: Rebecca Blower (UK) - July 2026

Music: Buzzkill - Lanie Gardner



Start straight away after the guitar riff (2 counts)

RUMBA BOX, LOCK STEP BACK, COASTER STEP BRUSH

- 1&2 Step R to R side, close L next to R, step R fwd
- 3&4 Step L to L side, close R next to L, step L back
- 5&6 Step R back, lock L over R, step R back
- 7&8& Step L back, close R next to L, step L fwd, brush R through

SLOW AND FAST WALKS (OR SHORTY GEORGE), CROSS ROCK, SIDE ROCK, 1/4 SAILOR

- 1-2 Step R fwd, L fwd
- 3&4 Step fwd RLR (option to style this as a Shorty George with knees kept close together and moving to the side you shift the weight to)
- 5&6& Cross rock L over R, recover weight to R, side rock L, recover weight to R
- 7&8 Step L behind turning 1/4 L, close R next to L, step L fwd (9:00)

PADDLE AROUND & LOCK STEP FORWARD, PADDLE AROUND LOCK STEP FORWARD

- 1-2 Turn 1/4 L and touch R toe out to the side (6:00), repeat for another 1/4 turn L (3:00)
- 3&4 Step R fwd, lock L behind R, step R fwd
- 5-6 Turn 1/4 R and touch L toe to the side (6:00), Repeat for another 1/4 turn R (9:00)
- 7&8 Step L fwd, lock R behind L, step L fwd

1/4 TURN CROSS, 1/4 BACK, 1/4 SIDE. JAZZ BOX 1/4 L, HEEL BOUNCE

- 1&2 Step R fwd and pivot 1/4 L (6:00), recover weight to L, cross R over L
- 3&4 Step L back turning 1/4 R (3:00), step R to side turning 1/4 R (12:00), cross L over R
- 5-6 Step R back turning 1/4 L (9:00), step L to L side
- 7-8 Keeping feet in place, bounce the heels twice allowing knees to go forward

You could put a restart in on wall 5 after 16 counts but it is so near the end of the song I haven't included one. I'd love to see your videos if you teach my dance so please tag me @HinckleyDanceFitness if you post anything on social media.

Contact: Rebecca Blower

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