

# Make U Move!

Count: 0

Wand: 2

Ebene: Intermediate/Advanced

Choreograf/in: Steve Rutter (UK)

Musik: Make You Dance - Chica



Sequence: A, A, B, Tag, A, A, B, B, A, B, B

## PART A

Danced on verse

### FORWARD ROCK, SWEEP, TOUCH, HEEL JACK, ½ TURN RIGHT

- 1& Rock forward on right, recover weight onto left
- 2-3 Sweep right round from front to back over 2 counts
- 4 Touch right toe behind left
- &5 Step back on right, touch left heel forward
- &6 Close left beside right, touch right toe beside left
- 7-8 Make a quarter turn right stepping right forward, make a quarter turn right stepping left to left side

### SAILOR STEP, WEAVE WITH ¼ TURN RIGHT, STEP FORWARD, PIVOT ½ TURN RIGHT, STEP FORWARD

- 1&2 Cross right behind left, step left beside right, step right to right side
- 3-4 Cross left over right, step right to right side
- 5&6 Cross left behind right, make a quarter turn right stepping right forward, step left forward
- 7-8 Pivot a half turn right (keeping weight on left), step weight onto right

### LOCK STEP FORWARD, KICK, CROSS, COASTER STEP, HOLD, BALL-STEP

- 1&2 Step forward on left, lock right behind left, step forward on left
- 3-4 Kick right forward to right diagonal, cross right over left
- 5&6 Step back on left, close right beside left, step forward on left
- 7 Hold
- &8 Close right beside left, step forward on left

### FORWARD ROCK, ½ TURN RIGHT, STEP FORWARD, TOE TOUCH, KNEE SWINGS, ¼ TURN RIGHT, STEP FORWARD, PIVOT ½ TURN RIGHT, STEP FORWARD

- 1&2 Rock forward on right, recover weight onto left, make a half turn right stepping right forward
- 3-4 Step forward on left, touch right toe beside left
- &5 Swing right knee inwards towards left, swing right knee outwards to face 45 degrees right
- 6 Make a quarter turn right stepping forward right
- 7&8 Step forward on left, pivot a half turn right, step forward on left

## PART B

Danced on chorus

### FORWARD ROCK, ¼ TURN RIGHT, CHUG ¼ TURN TWICE, TOE TOUCH, LEFT SLIDE OUT (BENDING RIGHT KNEE), HITCH, LEFT LOCK STEP

- 1&2 Rock forward on right, recover on left, make a quarter turn right stepping right forward
- 3-4 Make a quarter turn right touching left toe to left side, make a quarter turn right touching left to left side
- 5 Touch left toe beside right
- 6 Bending right knee slide left foot outwards to left side (still keeping weight on right)
- 7 Straitening right leg hitch left knee
- 8&1 Step left forward, lock right behind left, step left forward

**FORWARD ROCK, ½ TURN RIGHT, HIP BUMPS WITH HAND WAVES, HOLD**

- 2-3 Rock forward on right, recover weight onto left
- 4 Make a half turn right stepping forward on right
- 5-7 Step left to left side bumping hips left, bump hips right, bump hips left
- 8 Hold

**Arms**

- 5-7 Raise arms in the air and wave hands left, right, left

**SAILOR STEP, TOE TOUCHES, BALL-STEP, CLOSE, BODY ROLL**

- 1&2 Cross right behind left, step left beside right, step right to right side
- 3-4 Touch left toe beside right, touch left toe to left side
- &5 Close left beside right, step right forward
- 6 Close left beside right
- 7-8 Make a body roll from the knees upwards over 2 counts

**FORWARD ROCK, ½ TURN RIGHT, STEP FORWARD, TOUCH-BALL-STEP, ¼ TURN LEFT, HIP BUMPS**

- 1&2 Rock forward on right, recover weight onto left, make a half turn right stepping right forward
- 3 Step forward on left
- 4&5 Touch right toe beside left, step weight onto right, step forward on left
- 6 Make a quarter turn left stepping right to right side
- 7-8 Stepping weight onto left bump hips left twice

**TAG**

To be executed at the end of the first Part B

**FORWARD ROCK, SWEEP, TOUCH, HEEL JACK, ½ TURN RIGHT**

- 1& Rock forward on right, recover weight onto left
- 2-3 Sweep right round from front to back over 2 counts
- 4 Touch right toe behind left
- &5 Step back on right, touch left heel forward
- &6 Close left beside right, touch right toe beside left
- 7-8 Make a quarter turn right stepping right forward, make a quarter turn right stepping left to left side

**SAILOR ½ TURN RIGHT, SIDE STEP, TOUCH-BALL-FORWARD ROCK, ½ TURN LEFT, DRAG**

- 1&2 Cross right behind left, make a quarter turn right stepping left beside right, make a quarter turn right stepping right forward
  - 3 Step left to left side
  - 4& Touch right toe beside left, place weight onto right
  - 5-6 Rock forward on left, recover weight onto right
  - 7-8 Make a half turn left stepping left forward, drag right up to left (no weight)
-