

# Secoue-toi et dance !

Count: 32

Wand: 4

Ebene: Newcomer / Novice - Funky

Choreograf/in: Lisa Carlier (BEL) - October 2011

Musik: Elle Me Dit - MIKA



**Info; start dance after 8 counts**

## **2 steps r, out ,out ,in ,in**

- 1-2 RF to r, step LF next to RF
- 3-4 RF to r, step LF next to RF
- 5-6 stef RF to r, step LF to l
- 7-8 step RF together, step LF together

### **\*armmovements:**

- 1-2 twirl both hands above your head
- 3-4 shake your upper body

## **Heel, toe unwind, body roll, RF step back, 2 hip bumps**

- 1-2 touch r heel fwd, touch r toe back
- 3-4 turn ½ r putting weight on r [6.00]
- 5-6 body roll up & step RF behind
- 7 & 8 bump hips to l & r , l

## **dorothystep, and heel and cross, ¼ turn hitch, hip bumps with ¼ turn, sweep, sailor ¼ r**

- 1-2 step LF diagonally l fwd, cross RF behind LF
- & 3 & 4 &step LF fwd, &point right heel fwd, step RF next to LF, and cross LF overRF
- 5 & 6 turn ¼ left hitching right knee, Step right to side bumping hip to the right, bump hips left, turn ¼ left pushing right hip back while sweeping LF behind [3.00]
- 7 & 8 cross LF behind RF, step RF fwd ¼ turn r, step LF fwd [6.00]

**(extra: "8: step LF fwd" you actually jump fwd ,with your l leg lifted backwards)**

### **\*armmovements:**

- 5-6 fingersnap up – down
- 8 arms wide open on shoulder height

## **Hops with legswings, flick behind, cross, turn ¾ l, sweep, behind side cross**

- 1& LF Hop in place-RF swing diagonally fwd, LF hop in place-RF swing diagonally backw
- 2 hop RF in place-LF swing diagonally fwd
- 3 put weigt on LF and flick your r leg behind
- 4 step RF over LF
- 5-6 turn ¾ l with both feet [9.00] with a sweep
- 7&8 cross LF behind RF, step RF to r, cross LF over RF

**If the armmovements aren't that clear, there is a video on youtube,**

**Have fun with it!**