

Show Me Your (Dance Moves)

Compte: 64

Mur: 4

Niveau: Intermediate

Chorégraphe: Trine Haukø Lund (NOR) - April 2018

Musique: Dance Moves - Franc Moody



Intro: 16 counts

S1: Step , together, cross shuffle, rock, recover, coaster 1/4 turn L

1-2 Step LF to L(1), step RF next to LF(2) 12
3&4 Cross LF in front of RF(3), step RF to R(&), cross LF in front of RF(3) 12
5-6 Rock RF to R(5), recover on LF(6) 12
7&8 Step RF behind LF(7), turn 1/4 L step LF forward(&), step RF forward(8) 9

S2: Rocking chair, 1/2 turn R, 1/4 turn R, together

1-2 Rock LF forward(1), recover on RF(2) 9
3-4 Rock LF backwards(3), recover on RF(4) 9
5-6 Step LF forward(5), turn 1/2 R recover on RF((6) 3
7-8 Turn 1/4 R step LF to L(7), step RF next to LF(8) 6

S3: Cross, 1/4 turn L, sailor 1/4 turn L, rock, recover, coaster step

1-2 Cross LF in front of RF(1), turn 1/4 L step RF backwards(2) 3
3&4 Turn 1/4 L step LF backwards(3), step RF next to LF(&), step LF forward(4) 12
5-6 Rock RF forward(5), recover on LF(6) 12
7&8 Step RF backwards(7), step LF next to RF(&), step RF forward(8) 12

S4: Step, touch, 1/4 R step, touch, 1/4 R step, touch, shuffle 1/4 R

1-2 Step LF to L(1), touch RF next to LF(2) 12
3-4 Turn 1/4 R step RF forward(3), touch LF next to RF(4) 3
5-6 Turn 1/4 R step LF to L(5), touch RF next to LF(6) 6
7&8 Step RF to R(7), step LF next to RF(&), turn 1/4 R step RF forward(8) 9

Restart after section 4 in walls 2 and 5

S5: Walk L-R fwd, rock, recover, step back, touch back, 3/4 turn R, step, touch

1-2 Walk LF forward(1), walk RF forward(2) 9
3&4 Rock LF forward(3), recover on RF(&), step LF backwards(4) 9
5-6 Touch RT backwards(5), turn 1/2 R step down on RF(6) 3
7-8 Turn 1/4 R step LF to L(7), touch RT next to LF(8) 6

S6: Step, lock, step, lock, step, rock, recover, sailor 1/4 turn L

1-2 Turn 1/4 R step RF forward(1), close LF behind RF(2) 9
3&4 Step RF forward(3), step LF behind RF(&), step RF forward(4) 9
5-6 Rock LF forward(5), recover on RF(6) 9
7&8 Turn 1/4 L step LF backwards(7), step RF next to LF(&), step LF forward(8) 6

S7: Touch, together 1/2 turn R, mambo cross X 2

1-2 Touch RT to R(1), step RF next to LF and turn 1/2 R(2) 12
3&4 Rock LF to L(3), recover on RF(&), cross LF in front of RF(4) 12
5-6 Touch RT to R(5), step RF next to LF, and turn 1/2 R(6) 6
7&8 Rock LF to L(7), recover on RF(&), cross LF in front of RF(8) 6

S8: 1/4 turn L, 1/2 turn L, step 1/2 turn L, kick ball step X 2

1-2 Turn 1/4 L step RF backwards(1), turn 1/2 L step LF forward(2) 9
3&4 Step RF forward(3), turn 1/2 L recover on LF(&), step RF forward(4) 3

5&6 Kick LF forward(5), step ball of LF next to RF(&), step RF forward(6) 3
7&8 Kick LF forward(7), step ball of LF next to RF(&), step RF forward(8) 3

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