

Shake and Move EZ

Compte: 32

Mur: 4

Niveau: High Beginner

Chorégraphe: Pita Loppies (INA) - March 2022

Musique: Move it (edited) - Cynthia Lamusu



Intro : 4 x 8 (start at Vocal)

Tag after wall 3 (facing 9 o'clock)

Restart on Wall 6 (facing 3 o'clock) , After 16 count

Section 1 : Rock Recover , Step lock step, Pivot , Forward, 1/4 turn Right , 1/4 Turn Left

1 - 2 Rock R Fwd ,Recover on L

3 & 4 Step R fwd , Lock L behind , Step R Fwd

5 - 6 Step L fwd , 1/2 turn to R (bw on R)

& 7- 8 Step L fwd , 1/4 turn R cross R over (with Bend Knees) , 1/4 turn Left step L fwd

Section 2 : Section 2 : Rock Recover , step lock step , pivot , 1/4 Turn Left, Drag

1 - 2 Rock R fwd , recover on L

3 & 4 Step R fwd , Lock L behind , Step R Fwd

5 - 6 Step L fwd , 1/2 turn to R (bw on R)

7 - 8 1/4 turn R Step L side , Drag R in

Section 3 : Cross ,Touch, Behind ,Side, Cross, Rock ,Recover ,Back, Touch

1 - 2 Cross R over , touch L side

3&4 Step L behind , step R side , Cross L over (body angle 4:30)

5 - 6 Rock R Fwd , Recover On L

7 - 8 Step R back , touch L toe side

Section 4 : Touch ,Touch , Botafogo, Jazz Box

1 - 2 Touch L toe fwd , Touch L toe Side

3 & 4 Cross L over , 1/8 turn Left rock R side , recover on L

5 - 6 Cross R over , step L back

7 - 8 Step R side , Step L fwd recover

Tag : 16 count

Step Forward Kick , Step Back Touch ,

1 - 4 Step R Fwd , Step L Fwd , Step R Fwd , kick L fwd

5 - 8 Step L back, Step R back , Step L back , RF touch beside L

Grapevine Touch, Rolling vine

1 - 4 Step R side ,Step L behind, Step R side, Touch L next to R

5 - 8 1/4 Turn L BW on L, 1/2 Turn L step R back, 1/4 Turn L Step L side

Last Update - 16 Mar 2022