

Move Me

Compte: 0

Mur: 0

Niveau: Intermediate

Chorégraphe: Kathy Brown (USA)

Musique: The Way You Move - Outkast



Sequence: AA, BB, AA, BB, BB, BB, BB

Central Florida Dance Stampede - 1st place winner - int/adv - phrased

PART A

FUNKY WALKS FORWARD AND BACK, RIGHT ¼ TURN JAZZ

- 1-2 Step forward right (rolling knee and hip left to right, step forward left (rolling knee and hip right to left)
- 3-4 Step back right (rolling hip right), step back left (rolling hip left)
- 5-6 Cross right over left, step left back ¼ turn right
- 7-8 Step right to side, step left next to right

FUNKY WALKS FORWARD AND BACK, RIGHT ¼ TURN JAZZ

- 9-16 Repeat 1-8

RIGHT MONTEREY TURN, SIDE ROCK CROSS, STRUTS WITH SHIMMIES

- 1-2 Point right to side, bring right next to left and with weight on left, turn ½ right, step down on right
- 3&4 Rock left to side, return right, cross left over right
- 5&6 Step ball of right to side and lift right shoulder up, lift left shoulder up, lift right shoulder up and step down on right heel
- 7&8 Cross ball of left over right and lift left shoulder up, lift right shoulder up, lift left shoulder up and step down on left heel

ROCK RETURN, WEAVE LEFT, HEEL BOUNCE ½ LEFT

- 1-2 Rock right to side, return left
- 3&4 Step right behind left, step left to side, cross right over left
- 5-6 Raise up on balls of both feet and bounce ¼ turn left
- 7-8 Raise up on balls of both feet and bounce ¼ turn left (weight ends on left)

PART B

SIDE ROCK RETURN, LEFT TRIPLE ¼ TURN, PIVOT ¼ LEFT, LEFT SAILOR

- 1-2 Step right to side, rock left forward
- 3 Return right
- 4&5 Step left to side, step right next to left, step left ¼ turn left
- 6 Turning ¼ left, step right to side
- 7&8 Step left behind right, step right to side, step left to side

STEP BEHIND, STEP ¼ LEFT, LEFT ¾ TRIPLE, STEP BEHIND, STEP, CROSS TRIPLE

- 1-2 Step right behind left, step left ¼ left
- 3&4 Step right forward pivot ½ left, step left forward, pivot ¼ left stepping right to side
- 5-6 Step left behind right, step right to side
- 7&8 Cross left over right, step right to side, cross left over right

TOUCH HITCH TURN, MAMBO BACK, HIP BUMPS LEFT AND RIGHT

- 1-2 Touch right to side, pivoting ¼ right, hitch right foot against left calf
- 3&4 Rock right back, return left, step right next to left
- 5&6 Step left slightly forward, bumping hips forward, back, forward

7&8 Step right slightly forward, bumping hips forward, back forward

ROCK RETURN, TOUCH PIVOT ½ TURN, RIGHT TRIPLE, STEP, TOUCH

1-2 Rock forward left, return right

3-4 Touch left toe back, pivot ½ left

5&6 Right triple forward

7-8 Step left (large) to side, touch right toe next to left
