

Make Your Move

拍数: 68 墙数: 2 级数: Intermediate Cha Cha
编舞者: Yann Roemer (FR) - August 2015
音乐: Make a Move - Gavin DeGraw



Introduction : 16 counts, start on « Hey »

SECTION I : STEP, STEP BACK TURN, COASTER STEP, ROCK SWEEP ¼ TURN LEFT, SAILOR STEP

1,2&3 Step RF forward, Step LF forward, Step RF back making ½ turn left, Step LF back
4&5 Step RF back, LF next to right, RF forward
6,7 Rock LF forward, Replace weight on RF, LF makes a sweep front to back making ¼ turn left
8&1 Step LF behind RF, Step RF to right side, Stepping LF left

SECTION II : TWIST CHASSE x2, ROCK STEP, SIDE CHASSE

2&3 Step RF next to LF, Step LF in place, Step RF to right side
4&5 Step LF next to RF, Step RF in place, Step LF to left side
6,7 Rock RF forward, Replace weight LF
8&1 Step RF right, LF next to right, Step RF right

SECTION III : HOLD, and STEP, DIAGONAL STEP LOCK STEP, FULL SPIN, STEP LOCK STEP

2,&3 Hold, LF next to right, RF to the side
4&5 Step LF forward, Close RF to LF, Step LF forward (facing 4.30)
6,7 Step RF forward, make a full spin left (stay on RF)
8&1 Step LF forward, Close RF to LF, Step LF forward

SECTION IV : ROCK STEP, SIDE CHASSE, HIP MOVE X3

2,3 Rock RF forward, Replace weight LF
4&5 Step RF right, LF next to right, Step RF right (weight on RF)(facing 6.00)
6,7,8 Hip move LRL (making a 8 with the hips)

SECTION V : TURNING BOX, SYNCOPATED LOCK STEPS

1,2&3 Step RF forward (facing 7.30), Step LF forward, Step RF to right side making
¼ turn left (facing 4.30), Step LF back
4&5 Step RF back, Step LF to left side making ¼ turn left, Step RF forward (facing 1.30)
6&7&8 Step LF fwd, Lock RF behind LF, Step LF fwd, Lock RF behind LF, Step LF fwd

SECTION VI : & STEP, HOLD, ½ TURN, SIDE CHASSE, ROCK STEP, SIDE CHASSE

&1 Step RF to the right Lock LF behind RF (facing 3.00)
2,3 Hold, Unwind ½ turn left (weight on LF)
4&5 Step RF right, LF next to right, Step RF right
6,7 Rock LF forward, Replace weight RF
8&1 Step LF left, RF next to left, Step LF left

SECTION VII : HOLD, AND STEP, MAMBO STEP, ROCK STEP, BACKWARD STEP LOCK STEP

2,&3 Hold, RF next to LF, LF to the left
4&5 Step RF back, recover on LF, RF forward
6,7 Rock LF forward, Replace weight RF
8&1 Step LF back, close RF to LF, Step LF back

SECTION VIII : BACK STEP, SAMBA STEP WITH ¼ TURN RIGHT, CROSS BACK SIDE CHASSE WITH ¼ TURN LEFT, HIP MOVE x2, SYNCOPATED ROCK BACK

2,3 Rock RF back, Replace weight LF

4&5 Step RF forward, Step LF to the left side with $\frac{1}{4}$ turn right, Step RF next to LF (body facing 1.30)
6,7 Cross LF over RF, Step RF back with $\frac{1}{4}$ turn left (facing 9.00)
8&1 Step LF left with $\frac{1}{4}$ turn left, RF next to left, Step LF left (weight on left) (facing 6.00)
2,3 Hips move RL
4& Step RF back, recover into left

RESTARTS -:

~4th wall, Restart after count 8 / section VIII

~5th wall, Restart after section IV

Contact: mandarin67@hotmail.fr
