

I Got The Moves

拍数: 32 墙数: 4 级数: Improver
编舞者: Wendy McLean (CAN) - March 2018
音乐: Moves Like Jagger (feat. Christina Aguilera) - Maroon 5



Side Rock, Cross Shuffle, Side Rock Cross Shuffle

1 2 Right Foot Rock Right Side, Recover Weight To Left Foot
3&4 Right Foot Cross Over Left, Left Foot To Left Side, Right Foot Cross Over Left
5 6 Left Foot Rock Left Side, Recover Weight To Right Foot
5&6 Left Gross Over Right, Right Foot To Right Side, Left Foot Cross Over Right

Forward Rock, Shuffle Back, Back Rock, Shuffle Forward

1 2 Right Foot Rock Forward, Recover Weight To Left Foot
3&4 Step Right Foot Back, Step Left Foot To Right, Ste Right Foot Back
5 6 Left Foot Rock Back, Recover Weight To Right Foot
7&8 Left Foot Step Forward, Right Foot Step Together, Left Foot Step Forward

Toe, Hold, & Toe, Hold & Heel & Heel & Walk, Walk

1 2 Touch Right Toe to Right Side, Hold
&3 4 Step Right Foot Home, Touch Left Toe To Left Side, Hold
&5&6 Step Left Foot Home, Touch Right Heel Forward, Step Right Foot Home, Touch Left Heel Forward
&7 8 Step Left Foot Home, Walk Forward On Right Foot, Walk Forward on Left Foot

Rock, Recover, Shuffle ½, Step ¼ Turn, Cross Shuffle

1 2 Rock Forward On Right Foot, Recover Weight To Left Foot
3&4 Shuffle ½ Turn Right, Stepping Right, Left, Right
5 6 Step Forward on Left Foot, Pivot ¼ Turn Right, Weight To Right Foot
7&8 Cross Left Foot Over Right, Step Right Foot Right, Cross Left Foot Over Right

REPEAT

TAG – At end of the 10th wall facing back wall

Heel, Hold & Heel, Hold &

1 2 Right Heel Forward, Hold
&3 4& Step Right Foot Home, Left Heel Forward, Hold, Step Onto Left Foot