

# Show Me Your (Dance Moves)

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Trine Haukø Lund (NOR) - April 2018  
音乐: 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

Contact: [trilund@online.no](mailto:trilund@online.no)

---