

Special Moves

拍数: 32 墙数: 2 级数: Easy Intermediate
编舞者: Michael Lynn (UK), Lesley Kidd (UK), Hayley Goy (UK) & Nick Goodman (UK) -
October 2018
音乐: Moves (feat. Snoop Dogg) - Olly Murs : (iTunes, amazon)



Music Available on iTunes, Amazon Music, 7Digital, Spotify & my MEMBERS Zone.
(32 count intro, 101 bpm)

SKATES x 2, FORWARD MAMBO, COASTER STEP, SIDE ROCK RECOVER 1/4 TURN LEFT CROSS

1-2 Skate forward on right, skate forward on left
3&4 Rock forward on right, recover on left, step back on right
5&6 Step back on left, step right beside left, step left on forward
7&8 Step right 1/4 turn left rocking right to right side, recover left, cross right over left (turning the right toe out) (9:00)

MONKEY STEP x 2, SAILOR STEP, BALL STEP, LOCKSTEP, HEEL 'N' SHOULDER POPS

1 Step left to left side (making sure both toes are turned out like a ballerina), arms at waist height with palms facing forward
& Swivel both toes in as the heels turn out, arms same height, turn your arms inwards like a monkey, both hands should be either side of your waist, elbows out, with your palms facing backwards
2& Repeat counts 1& ensuring weight is on the left
(Tip/Arms): This Charleston step should travel to the left, the arms mirror the feet. e.g. toes out = hands out
3&4 Step right behind left, step left to left side, step right to right side
&5 Step left beside right, step right to right side
6&7 Cross left behind right, step forward on right, touch left heel to left diagonal
&8 Raise shoulders up as you pop the knees forward, lower shoulders and unpop your knees

BALL-CROSS SHUFFLE, SIDE ROCK RECOVER, CROSS ROCK RECOVER, STEP PIVOT 1/8 TURN LEFT x 2

&1&2 Step onto the left, cross right over left, step left to left side, cross right over left
3&4& Rock left to left side, recover right, cross rock left behind right, recover right
5-6 Rock left to left side, recover 1/8 turn right onto right (10:30)
7-8 Rock left to left side, recover 1/8 turn right on right (12:00)

CROSS-SIDE-TOGETHER, JAZZBOX, HEEL GRIND 1/2 TURN LEFT, COASTER STEP

1& Cross left over right, step right to right side as you face the left diagonal (10:30)
2 Step left beside right (for styling you may stick your bottom out here)
3&4 Cross right over left (as you straighten up), step left back, step right to right side (12:00)
5-6 Step left heel forward as you grind a 1/2 turn left, step back on right (6:00)
7&8 Step back on left, step right beside left, step forward on left

TAG (Danced on walls 1 & 3 only)

V-STEP, HEEL TWISTS, V-STEP ON HEELS

1-2 Step right to right diagonal, step left to left diagonal
3-4 Step right back, step left beside right
&5 Twist right heel out as you raise the heel, return right heel back to center lowering the heel
&6 Twist left heel out as you raise the heel, return left heel back to centre lowering the heel
&7&8 Step right heel to right diagonal, step left heel to left diagonal, back on right, step left beside right

UPPITY HEELS, TOE-PIVOT 1/2 TURN RIGHT

- 1&2 Step forward on right (right heel should be in line with left toes), lift both heels up, lower both heels
- 3-4 Touch right toe back, pivot 1/2 turn right (keeping weight left)
- 5-6-7-8 Walk back R-L-R-L as you shimmy your shoulders

ENDING (Brings you back to the front)

(Dance upto and including count 30) and replace the last 2 counts with the following to bring you to the front)

- 7&8 Sweep/cross left behind right making 1/4 turn left, step right 1/4 turn left, step left in place & pose!

Contact: mrdance@outlook.com
