

Moves

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Simon Ward (AUS) & Shane McKeever (N.IRE) - August 2019
音乐: Moves - Hot Shade, Mika Zibanejad & Mike Perry : (Album: Moves, iTunes & Google Music)



[1-8] Rock/step R fwd, Recover L with R sweep, R ½ turn sailor step, ½ L, ¼ L, Weave R

- 1-2 Rock/step right forward, Recover weight back on left sweeping right back 12.00
3&4 Step right behind left, Make a ¼ turn right stepping onto left, Make a further ¼ turn right stepping right forward and slightly over left bending right knee 6.00 (1/2 turn sailor step)
5-6 Turn a ½ turn left stepping left in place, Make a further ¼ turn left & step right to right side 9.00
7&8 Step left behind right, Step right to right side, Cross/step left over right 9.00

[9-16] Rock/step to R, Recover L, Weave L turning ¼ L, L fwd, Pivot ½ R, Full turn R

- 1-2 Rock/step right to right side, Recover weight onto left 9.00
3&4 Step right behind left, Step left to left side turning ¼ turn left, Step right slightly forward 6.00
5-6 Step left forward, Pivot ½ turn right taking weight onto right 12.00
7-8 Step left forward turning ½ turn right, Step right back turning ½ turn right 12.00

[17-24] Swivel L with R hitch, Step on R, Swivel L with R hitch, Step on R, L coaster step

- 1&2 Step left to left side twisting both heels left, Swivel toes left, Swivel heels left hitching right knee 12.00
3 Step down on right taking weight evenly on both feet 12.00
4&5 Swivel heels left, Swivel toes left, Swivel heels left hitching right knee turning to 1.30
6 Step down on right foot taking weight onto right 1.30
7&8 Step left slightly back, Step right beside left, Step left forward 1.30

[25-32] R chasse turning ¼ L, ½ turn L & shuffle L,R,L, Rock/step R fwd, recover L, Full turn back R

- 1&2 Step right to right side turning 1/8 turn left to 12.00, Step left beside right, Step right to right side turning ¼ turn left 9.00
3&4 Make a further ½ turn left on right & step left forward, Step right beside left, Step left forward 3.00
5-6 Rock/step right forward, Recover weight back on left 3.00
7-8 Step right back turning ½ turn right, Step left forward turning ½ turn right 3.00

[33-40] ¼ turn R chasse R w/ hands, Step L, Step R, ¼ L with R sweep, Cross/step R, L back, R tog, L fwd

- 1&2 Make a further ¼ turn right & step right to right side, Step left beside right, Step right to right side 6.00

(pump hands in the air to the right twice on counts 1&2)

- 3-4 Step left to left side, Step right to right side 6.00 (pump hands in the air left then right on counts 3-4)
5-6 Step onto left turning a ¼ turn left sweeping right foot forward 3.00, Cross/step right over left
&7-8 Step left back, Step right beside left, Step left forward 3.00

[41-48] R Charleston kick, L mambo step, V step, Step R, L beside R with leg flick

- 1-2 Kick right forward, Step back on right 3.00
3&4 Rock/step left back, Recover weight onto right, Step left slightly forward 3.00
5&6& Step right heel forward to right diagonal, Step left heel forward to left diagonal, Step right back at centre, Step left back at centre 3.00 (syncopated V-step)
7-8 Large step to right on right sliding left towards right, Step left beside right flicking right foot back turning 1/8 turn left to 1.30

[49-56] Cross/step R, 3/8 turn R, R chasse turning ¼ R, Cross/rock L, Recover R, Step L, Scuff & bounce

- 1-2 Cross/step right over left, Step left to left side turning 3/8 turn right to 6.00
3&4 Make a further ¼ turn right & step right to right side, Step left beside right, Step right to right side 9.00
5&6 Cross/rock left over right, Recover weight onto right, Step left to left side 9.00
7&8 Scuff right heel forward, Swing right foot around clockwise bouncing on left heel twice 9.00

[57-64] R sailor step, ¼ turn L, ½ turn L, L coaster step, R fwd, Pivot ½ L with fist pump

- 1&2 Step right behind left, Step left slightly to left, Recover weight onto right turning body slightly right for styling 9.00
3-4 Make a ¼ turn left stepping onto left 6.00, Step right forward turning ½ turn left 12.00
5&6 Step left back, Step right beside left, Step left forward 12.00
7-8 Step right forward, Pivot ½ turn left taking weight onto left and flicking right back punching right fist in the air 6.00 (Yell "Woo" on fist pump)

RESTART

Ending: Finishes at end of dance facing front, Stomp right forward, hands go out to the sides at waist level.

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Last Update – 8 Sept. 2019
