

# Move

拍数: 64      墙数: 2      级数: Advanced  
编舞者: Hiroko Carlsson (AUS) - October 2020  
音乐: Move - The Mamas : (iTunes)



(Intro: 4 counts/Dance starts on lyrics)

## [S1] Side Rock-Together, Syncopated Rocking Chair, Side Rock-Together, 1/4R Shuffle Fwd

1 2&      Rock R to the side, Recover weight on L, Step R together  
3&4&      Rock forward on L, Recover weight on R, Rock back on L, Recover weight on R  
5 6&      Rock L to the side, Recover weight on R, Step L together  
7&8      Make a ¼ turn right stepping forward on R, Step L next to R, Step forward on R (3:00)

## [S2] Step-Pivot 1/4R, Diagonal Fwd-Together-Fwd-Together, 1/4R-Together, Fwd, Step-Pivot 3/4L-Side

1 2      Step forward on L, Make a ½ turn right recover weight on R (9:00)  
&3&4      Step/hop diagonally forward on L, Step R together, Step/hop diagonally forward on L, Step R together (moving towards 7:30 / facing 9:00 o'clock)  
&5      Step/hop diagonally forward on L and making a ¼ turn right, Step R together (12:00)  
6 7      Step forward on L, Step forward on R  
&8      Make a ¾ turn left recover weight on L, Step R to the side (3:00)

## [S3] Sailor Step, Behind Rock-Point, Sailor Step, Sailor 1/4L Fwd

1&2      Cross L behind R, Step R to the side, Step L to the side  
3&4      Rock R behind L, Recover weight on L, Point R to the side  
5&6      Cross R behind L, Step L to the side, Step R to the side  
7&8      Cross L behind R making a ¼ turn left, Step R beside L, Step forward on L (12:00)

## [S4] Step-Pivot 1/2L, Shuffle Fwd, Full Turn R, Shuffle Fwd

1 2      Step forward on R, Make a ½ turn left recover weight on L (6:00)  
3&4      Shuffle forward R-L-R  
5 6      Make a ½ turn right stepping back on L, Make a ½ turn right stepping forward on R  
7&8      Shuffle forward L-R-L\*\*\*

## [S5] Rock Behind-Recover-Back-Rock Behind-Recover-Back, Run Back, Rock Behind-Recover-Back-Rock Behind-Recover-Back, Rock Back

1&2      Rock R behind L, Recover weight on L, Step back on R  
&3&      Rock L behind R, Recover weight on R, Step back on L  
4&      Run back R-L  
5&6      Rock R behind L, Recover weight on L, Step back on R  
&7&      Rock L behind R, Recover weight on R, Step back on L  
8&      Rock back on R, Recover weight on L (6:00)

## [S6] Step-1/4L Pivot, 1/2L-1/4L Side, 2x Hip-Hip-Hip

1 2      Step forward on R, Make a ¼ turn left recover weight on L (3:00)  
3 4      Make a ½ turn left stepping back on R, Make a ¼ turn left stepping L to the side (6:00)  
5&6      Hip bump to the right, Hip bump to the left, Hip bump to the right  
7&8      Hip bump to the left, Hip bump to the right, Hip bump to the left\*\*

## [S7] 1/4R Samba, Cross Rock-Side-Rock, Cross Samba, 1/4R Samba

1&2      Step forward on R, Make a ¼ turn right stepping L to the side, Recover weight on R (9:00)  
3&4&      Rock L across R, Recover weight on R, Rock L to the side, Recover weight on R  
5&6      Cross L over R, Step R to the side, Recover weight on L

7&8 Step forward on R, Make a ¼ turn right stepping L to the side, Recover weight on R (12:00)

**[S8] Out-Out, Heel Toe Swivel In, Split, Heel Toe Swivel In, Split, Ball 1/4L-Cross, Side w/ Shoulder Swivel, Behind-1/4R-Fwd**

&1 Step out left, Step out right (weight on both feet)

&2& Swivel both heels in, Swivel both toes in, Split both feet shoulder length apart

3&4 Swivel both heels in, Swivel both toes in, Split both feet shoulder length apart

&5 Make a ¼ turn left stepping R in place, Cross L over R (9:00)

6 Step R to the side (optional: swivel your right shoulder in-out)

7&8 Step L behind R, Make a ¼ turn right stepping forward on R, Step forward on L (12:00)

**\*1st Restart on Wall 1 count 48\*\* (6:00)**

**Tag(4 count-Rocking Chair): End of Wall 2 (6:00) - Rock forward on R (1), Recover weight on L (2), Rock back on R (3), Recover weight on L (4)**

**\*\*2nd Restart on Wall 3 count 32\*\*\* (12:00)**

The last wall: dance up to Section 5 count 4& then make a ½ turn right to the front.

Please feel free to contact me if you need any further information. ([hirokoclinedancing@gmail.com](mailto:hirokoclinedancing@gmail.com))  
(updated: 1/Oct/20)

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