

Let Me Move You

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Jo Kinser (UK), Ivonne Verhagen (NL), Rhoda Lai (CAN) & Heather Barton (SCO) - November 2020
音乐: Let Me Move You - Sabrina Carpenter : (From the Netflix film Work It)



(Music available on iTunes - 1:17min - 125 BPM)

Intro: 16 counts, starting just before the words 0.08

[1-8] WIZARD STEP, TOUCH, 2X KNEE POP, & CROSS, 1/4 TURN RIGHT 2X, POINT, 1/4 TURN LEFT, SWEEP

1-2& RF step diagonal fwd 1), LF cross behind RF 2), RF step diagonal fwd &
3&4 LF touch diagonal fwd 3), RF&LF Pop knees up &), RF&LF Pop knees up 4)
&5,6 LF step beside RF &), RF cross over LF 5), 1/4 turn right & LF step back (3.00) 6)
&7&8 1/4 turn right & RF step right (6.00) &), LF point left 7), 1/4 turn left & LF step fwd (3.00) &),
RF sweep fwd 8)

[9-16] CROSS SAMBA, CROSSING SHUFFLE, SIDE MAMBO, L&R TOE SWITCHES, HITCH

1&2 RF cross over LF 1), LF rock left (&), Recover diagonal right on RF 2)
3&4 LF cross over RF 3), RF step side right &), LF cross over RF 4)
5&6 RF rock side right 5), Recover on LF &), RF step next to LF 6)
7&8& LF point side left 7), Step LF next to RF &), RF point side right 8), Hitch RF &

[17-24] CROSS, UNWIND 1/2 L, COASTER 1/4 L CROSS, HOLD, BALL CROSS, 1/4 R, 1/4 R SIDE ROCK

1&2 RF cross over LF 1), Unwind 1/2 turn left weight on RF (Optional knee pops) 2) (9:00)
3&4 LF step back 3), RF step beside LF &), 1/4 turn left LF cross over RF 4) (6:00)
5&6 Hold 5), RF step beside LF &), LR cross over RF 6)
7&8 1/4 turn right RF step fwd 7) (9:00), 1/4 turn right and LF rock side left & (12:00), Recover o
RF 8)

[25-32] CROSSING SHUFFLE, C-BUMP, 1/4 TURN SHUFFLE, STEP 1/2 TURN

1&2 LF cross over RF 1), RF step side right &), LF cross over RF 2)
3&4 RF touch side right lifting right hip 3), Recover on LF as you bring right hip down &), Recover
on RF pushing right hip right (like a C-bump) 4)
5&6 1/4 turn left and step LF fwd (9:00) 5), RF step next to LF &), LF step fwd 6)
7-8 RF step fwd making 1/2 turn left (3:00) pushing right hip back 7), Recover on LF 8)

TAG AT THE END OF WALL 1 (3:00) AND WALL 4 (12:00).

[1-8] OUT, OUT, COASTER STEP, KICK BALL STEP, ROCK FWD, RECOVER

1-2 RF step diagonal fwd right 1), LF step diagonal fwd left 2)
3&4 RF step back 3), LF step next to RF &) RF step fwd 4)
5&6 LF kick low fwd 5), LF step next to RF &), RF step fwd 6)
7-8 LF rock fwd 7), Recover on RF 8)

[9-16] TOUCH BACK - WITH HIP ROLL LRL, ROCK BACK, RECOVER

1-2 LF touch back 1), Roll back on left hip (weight on LF 2)
3-4 RF touch back 3), Roll back on right hip (weight on RF 4)
5-6 LF touch back 5), Roll back on left hip (weight on LF 6)
7-8 RF rock back 7), Recover on LF 8)

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