

Move It

拍数: 92 墙数: 2 级数: Phrased Low Intermediate
编舞者: Karin van der Merwe (SA) - September 2021
音乐: Move It - Sunset Sweatshop



Intro: 32 counts

Sequence: A,B(1-64) A,B(1-64), B(1-32 note on change of weight), B(1-32)

Dance A (28 counts)

[1-8] SIDE DRAG BALL CROSS, ¼ L, STEP ½ L, ¼ CHASSE R

1,2& Step side on RF (1), Drag LF in towards RF (2), Step down on LF (&)
3,4 Cross RF over LF (3), Turn ¼ L stepping forward on L (4)
5,6 Step forward on RF (5), Pivot ½ turn L (6)
7&8 Turn ¼ Left as you step side on RF (7), Step LF next to RF (&), step side on RF (8) 12:00

[9-16] TOGETHER, FORWARD, LEFT LOCK STEP, FWD ROCK, TURN ½, ½ R

1,2 Step LF next to RF (1), Step fwd on RF (2)
3&4 Step fwd on LF (3), Lock RF behind LF (&), step fwd on LF (4),
5,6 Rock fwd on RF (5), Recover back on to LF (6)
7,8 Turn ½ turn R stepping fwd on RF (7), Turn ½ turn R stepping back on LF (8) 12:00

[17-25] WALK BACK, BACK, COASTER STEP, STEP ½ PIVOT R, ½ PIVOT L SWEEP, CROSS BACK SIDE

1,2 Step back on RF (1), Step back on LF (2)
3&4 Step back on RF(3) Step back on LF together to RF(&), Step fwd on RF (4) 12:00
5,6 Step fwd on LF(5), Pivot ½ turn to the R(6) 6:00
7,8&1 Pivot ½ turn back to the L sweeping RF(7), Cross RF over LF (8), Step back on LF (&), Step side on RF (1) 12:00

[26-28] HOLD, PELVIS AND KNEE POPS

2 Hold (2)
3,4 Pop the knees to left and right diagonals, popping top body or pelvis slightly too(3,4) 12:00

DANCE B (64 counts)

[1-8] SKATE, SKATE, SHUFFLE; SKATE, SKATE, SHUFFLE

1,2,3&4 Skate LF to L diagonal (1), Skate RF to Right diagonal (2), Step LF fwd (3), Close RF to LF (&), Step LF fwd (4)
5,6,7&8 Skate RF to R diagonal (5), Skate LF to Left diagonal (6), Step RF fwd (7), Close LF to RF (&) step RF fwd (8) 12:00

[9-16] BALL CHANGE, SIDE HOLD, STEP TOGETHER, SIDE HOLD; SWAY HIPS R,L,R,L

&1,2 Step/Close LF to RF (&), Step side on RF (1), Hold (2)
&3,4 Step/Close LF to RF (&), Step side on LF (3), Hold (4)
5,6,7,8 Sway/bump hips with loads of attitude R (5),L (6),R (7), L (8) 12:00

[17-24] ¼ R SHUFFLE TURN, L SHUFFLE FWD, ¼ R SHUFFLE TURN, L SHUFFLE FWD

1&2 Turn ¼ R stepping fwd on RF (1), close LF to RF (&), Step fwd on RF (2)
3&4 Step fwd on LF (3), Close RF next to LF (&), Step fwd on LF (4) 3:00
5&6 Turn ¼ R stepping fwd on RF (5), close LF to RF(&), Step fwd on RF (6),
7&8 Step fwd on LF (7), Close RF next to LF (&), Step fwd on LF (8) 6:00

[25-32] ¼ R STEP, LOCK LEFT, RF LOCK STEP, STEP FWD, HOLD, ROCK BACK, RECOVER/FLICK

1,2 Turn ¼ R stepping fwd on RF (1), Lock LF behind RF (2)
3&4 Step fwd on RF (3), Lock LF behind RF (&), Step fwd on RF (4)
5,6 Step fwd on LF (5), Hold (6)

7,8 Rock back on to RF (7), Recover fwd on LF flicking RF at the same time (8) 9:00

NOTE (5,6,7,8) End the 3rd repetition (32 counts) of Dance B with only a (5) Rock fwd on LF, (6) Hold, (7) Rock back on RF, (8) hold: due to you having to start the 4th repetition of B on the Left Foot

[33-40] (RF VAUDEVILLE) CROSS & HEEL, & TOE & HEEL,& CROSS, SIDE, BEHIND, ¼ R

1&2& Cross RF over LF (1) Step side on LF (&), Touch R Heel fwd to R diagonal (2), Step down on RF (&),

3&4& Touch L toe next to RF (3), Step down on LF next to RF (&), touch R Heel to R diagonal (4) Step down on RF (&)

5,6,7,8 Cross LF over RF (5), Step side on RF (6), Step LF behind RF (7), Turn ¼ turn R stepping fwd on RF (8) 12:00

[41-48] TOE & TOE & HEEL & TOE & STEP ½ PIVOT R, STEP OUT OUT

1&2& Touch L Toe next to RF (1), Step down on LF (&), Touch R Toe next to LF (2), Step down on RF (&)

3&4& Touch L Heel fwd (3), Step down on LF, Touch R Toe next to LF (&), Step down on RF (4)

5,6 Step fwd on LF (5) Pivot ½ Turn R onto RF (6)

7,8 Step out on LF (7), Step out on RF (try not to step too wide) (8) 6:00

[49-56] ELVIS KNEES (SIMULTANEOUS)

1&2&3&4 Bend/Pop both knees in simultaneously bringing them together (1) and open (&) x 8

5&6&7&8 times, bouncing slightly on the balls of the feet and moving body side to side (end with weight on the LF) 6:00

[57-64] KICK BALL CHANGE, KICK BALL CHANGE, OUT OUT, HOLD HOLD

1&2 Kick RF (1), Step on to RF (&), Step on to LF (2)

3&4 Kick RF (3), Step on to RF (&), Step on to LF (4)

5,6,7,8 Step RF out (5), Step LF out (6) Hold (7), Hold (8) 6:00

Start again and enjoy!!

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