

Just Move

拍数: 32 墙数: 2 级数: Improver
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音乐: Just Move - Rayelle



Intro: 16 Counts, Start at approx 8 secs

SEC 1: Side Rock, Weave, ¼ Step, Side, ¼ Side, Cross Shuffle

1-2 Rock right to right, recover weight onto left
***Option**
*&1-2 Touch right beside left, rock right to right, recover weight onto left
3&4 Step right behind left, step left to left, cross right over left
5-6 Turn ¼ left step left forward, step right to right (9:00)
7-8&1 Turn ¼ left step left to left, cross right over left, step left to left, cross right over left (6:00)

SEC 2: Point, Flick, Side Rock Cross, Hold, Ball Cross, Hold

2-3 Point left to left, flick left behind right
4&5 Rock left to left, recover weight onto right, cross left over right
6 Hold
&7 Step right beside left, cross left over right
8 Hold

TAG – RESTART HERE ON WALL 4

SEC 3: Side, Together, Forward Shuffle, Step, ½ Pivot, Shuffle

1-2 Step right to right, step left beside right
***Option**
*&1-2 Touch right beside left, step right to right, step left beside right
3&4 Step right forward, step left beside right, step right forward
5-6 Step left forward, pivot ½ right transferring weight onto right (12:00)
7&8 Step left forward, step right beside left, step left forward

SEC 4: Rocking chair, Step, ½ Pivot, Walk, Walk

*1-2 Rock right forward, recover weight onto left
Option
*&1-2 Brush right forward, rock right forward, recover weight onto left
3-4 Rock right back, recover weight onto left
5-6 Step right forward, pivot ½ left transferring weight onto left (6:00)
7-8 Step right forward, step left forward
***Option**
*7-8 Step right forward pop left knee forward, step left forward pop right knee forward

Tag: At the end of Wall 2 & After 16 counts on Wall 4

Side, Touch, Bump x2, Side, Touch, Roll Hips

1-2 Step right to right, touch left beside right
3&4 Bump left hip to left, recover hips to centre, bump left hip to left (no weight change)
5-6 Step left to left, touch right beside left
7-8 Roll hips clockwise over 2 counts

Last Update: 25 Oct 2022