

Motivate

拍数: 32 墙数: 4 级数: Low Intermediate
编舞者: Dustin Betts (USA) - February 2023
音乐: Motivate - Jeremiah Asiamah



Intro – 32 counts from beginning of song

[1 – 8] SIDE, BEHIND-SIDE-CROSS, BALL CROSS, R ROCK, RECOVER, R BACK, ¼, ½.

1 2 & 3 Step R to right side (1), Cross L behind R (2), Step R to right side (&), Cross L over R (3)
12.00
& 4 Step ball of R foot slightly next to L (&), Cross L over R (4) 12.00
5 6 Rock R to fwd right diagonal (5), Recover onto L (6), 12.00
7 8 & Step R back (7), Make ¼ turn left stepping L fwd (8). Make ½ left stepping R slightly back (&)
3.00

[9 – 16] BUMP L, BUMP R, L SHUFFLE, CROSS ROCK 1/4 , L SHUFFLE.

1 2 Step L slightly to left bumping hips left (1), Step R slightly to right bumping hips right (2) 3.00
3 & 4 Step L to left side (3), Step R next to L (&), Step L to left side (4), 3.00
5 & 6 Cross rock R across L (5), Recover onto L (&), Make ¼ turn right stepping R fwd (6) 6.00
7 & 8 Step L fwd (7), Step R next to L (&) Step L fwd (8), 6.00

[17 – 24] (2) HIP ROLL ¼ TURN, (2) HIP BUMPS, L SAILOR STEP

1 2 Step R fwd (1), Make ¼ turn left rolling hips counter clockwise taking weight onto L (2) 3.00
3 4 Step R fwd (3), Make ¼ turn left rolling hips counter clockwise taking weight onto L (4) 12.00
5 & 6 Bump R hip to right taking weight on R (5), Recover onto L (&), Bump R hip to right taking
weight on R (6), 12.00
7 & 8 Step L slightly behind R (7), Step R to right side (&), Step L to left side (8). 12.00

[25 – 32] R CROSS SAMBA, ROCK, RECOVER, BACK L-R-L, BACK ROCK, ¼ RECOVER

1 & 2 Cross R over L (1), Rock L to left side (&), Recover onto R (2) 12.00
3 4 Rock fwd onto L (3), Recover onto R (4) 12.00
5 6 7 Step L back (5), Step R back (6), Step L back (7) 12.00
8 & Rock R back (8) Make ¼ left recovering onto L (&) 9.00

Tags: After wall 1 & wall 5.

Tag 1: Step R to right side rolling hips counter clockwise (1), Step L next to R (2)

Tag 2: Step R to right side rolling hips counter clockwise (1), Step L next to R (2), Step R to right side rolling
hips counter clockwise (3), Step L next to R (4)

Enjoy!