

You Gotta Move

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Jo Thompson Szymanski (USA) - October 2022
音乐: You Gotta Move - Sam Cooke



#8 Count Intro (No Restarts or Tags!)

[1-8] WALK, WALK, TRIPLE STEP/SWEEP, BEHIND, SIDE, SYNCOPATED ROCKING CHAIR

1-2 Step R forward (1); Step L forward (2)
3&4 Step R behind L (3); Step L in place (&); Step R back sweeping L back (4)
5& Step L behind R (5); Step R to right (&)
6&7& Turn 1/8 right rocking L fwd (6); Recover to R (&); Rock L back (7); Recover to R (&) 1:30
8 Step L forward

[9-16] FORWARD, TOE TAP BACK, BACK/SWEEP, SAILOR R/PREP, FULL CIRCLE LEFT

&1 Step R forward (&); Tap L toe behind R (1) 1:30
2 Step L back sweeping R back turning 1/8 right squaring up to 3:00
3&4 Step R behind L (3); Step L to left (&); Step R to right with R toe turned out torquing upper body slightly right to prep for circle left (4) 3:00
5-6 Turn 1/4 left stepping L forward (5); Turn 1/4 left stepping R forward (6) 9:00
7&8 Turn 1/2 stepping forward L, R, L (7&8) 3:00

Note: Counts 5-8 make a smooth circle counterclockwise doing walk, walk, run, run, run
Non-turning option for counts 5-8 – Step L to left (5); Cross R over L (6); Step L back (7); Step R to right (&); Cross L over R (8)

[17-24] SIDE, BEHIND/KNEE POP, 1/4 R, STEP, 1/2 PIVOT R, 1/4 R SIDE, BEHIND/KNEE POP 1/4 L, STEP, 1/2 PIVOT L

1-2 Step R to right (1); Step L behind R popping R knee, ball of R on floor (2)
3&4 Turn 1/4 right stepping R fwd (3); Step L fwd (&); Turn 1/2 right shifting weight to R (4) 12:00

Non-turning option for 3&4: Triple step in place R,L,R

5-6 Turn 1/4 right stepping L to left (5); Step R behind L popping L knee, ball of L on floor (6) 3:00
7&8 Turn 1/4 left stepping L fwd (7); Step R fwd (&); Turn 1/2 left shifting weight to L (8) 6:00

Note: Counts 17-24 create a figure 8 type pattern similar to the classic dance Cruisin'

[25-32] SIDE ROCK/SWAY, BEHIND SIDE CROSS, SCISSOR L, SIDE, TOUCH BEHIND, UNWIND 3/4 L

1-2 Rock R to right swaying hips R (1); Recover to L returning hips center (2)
3&4 Step R behind L (3); Step L to left (&); Step R across L (4)
5&6 Step L to left (5); Step R beside L (&); Step L across R (6)
&7-8 Step R to right (&); Touch ball of L behind R (7); Unwind 3/4 left shifting weight to L (8) 9:00

Variation: Depending on the music, on some walls, I like to do a smoother 3/4 like this:

7-8 Turn 1/4 left stepping R back (7); Turn 1/2 left stepping L forward (8) 9:00

Easier option: Instead of doing a 3/4 turn L at the end of the dance, do 1/4 turn R like this:

5&6 Step L to left (5); Turn 1/4 right stepping R beside L (&), Step L forward (6) 9:00
7&8 Kick R forward (7); Step ball of R in place (&); Step L slightly forward (8)

BEGIN AGAIN!

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