

Move

拍数: 48 墙数: 4 级数: High Beginner
编舞者: Bonnie Schnelle (USA) - March 2024
音乐: Move - Luke Bryan



No restarts or tags

S1: Side rocks with syncopated behind side cross

1-2 Rock right foot out to right side and recover on left foot
3&4 Step right behind left, left to side, cross right over left
5-6 Rock left foot out to left side and recover on right foot
7&8 Step left behind right, right to side, cross left over right

S2: Forward shuffles with rocks

1&2 Shuffle forward on right foot
3&4 Shuffle forward on left foot
5-6 Rock right foot forward, recover on left foot
7-8 Rock right foot forward, recover on left foot

S3: Backward shuffles with rocks

1&2 Shuffle backward on right foot
3&4 Shuffle backward on left foot
5-6 Rock right foot backward, recover on left foot
7-8 Rock right foot backward, recover on left foot

S4: Swivel Steps

1&2 Step right foot forward and swivel both heels outward & inwards on balls of feet
3&4 Step left foot forward and swivel both heels outward & inwards on balls of feet
5&6 Step right foot forward and swivel both heels outward & inwards on balls of feet
7&8 Step left foot forward and swivel both heels outward & inwards on balls of feet

S5: Shuffle (triple step) Turns

1-2 Rock right foot forward, recover on left foot
3&4 Triple step on right foot ½ turn over right shoulder to 6 o'clock wall
5-6 Rock left foot forward, recover on right
7&8 Triple step on left foot 1/4 turn over left shoulder to 3 o'clock wall

S6: Jazz box with sways

1-2 Cross right foot over left foot, Step left foot back
3-4 Step right foot beside left foot, Step left foot next to right foot
5-6 Sway hips right & left
7-8 Sway hips right & left

Repeat

Last Update: 31 Mar 2024