

The Moves

拍数: 112 墙数: 1 级数: Phrased Intermediate
编舞者: Kelli Haugen (NOR) - April 2024
音乐: The Moves (feat. Muni Long & Nile Rodgers) - NEIKED



Intro: 16 counts after the beat kicks in (18 seconds)
(start dancing on "I been")

PART A - 48 counts

WALK, WALK, FWD MAMBO, WALK BACK, BACK, BACK MAMBO

1,2,3&4 Walk forward on RF, LF, rock forward on RF, recover on LF, step back on RF

5,6,7&8 Walk back on LF, RF, rock back on LF, recover on RF, step forward on LF

SIDE ROCK, RECOVER & SIDE ROCK, RECOVER & TOUCH & TOUCH & TOUCH HITCH CROSS

1,2&3,4& Rock right on RF, recover on LF, step RF next to LF, rock left on LF, recover on RF, step LF next to RF

5&6&7&8 Touch R toe to right side, step RF next to LF, touch L toe to left side, step LF next to RF, touch R toe to right side, hitch R knee, cross RF in front of LF

STEP BACK, STEP SIDE, CROSS SHUFFLE, SIDE ROCK/SWAY X4

1,2,3&4 Step back on LF, step right on RF, cross LF in front of RF, step right on RF, cross LF in front of RF

5,6,7,8 Rock/sway R,L,R,L (prepare upper body for rolling vine right on last sway L)

ROLLING VINE CHASSÉ, CROSS, STEP BACK, CHASSÉ

1,2,3&4 ¼ turn right on RF, ½ turn right step back on LF, ¼ turn right step right on RF, step LF next to RF, step right on RF

5,6,7&8 Cross LF in front of RF, step back on RF, step left on LF, step RF next to LF, step left on LF

CROSS, SIDE, CROSS BACK, ¼ TURN, STEP, ½ TURN, ¼ TURN BIG STEP, HOLD

1,2 3,4 Cross RF in front of LF, step left on LF, cross RF behind LF, ¼ left on LF

5,6,7,8 Step forward on RF, ½ turn left on LF, ¼ turn left big step right on RF, hold

BALL, VAUDEVILLE X2, BALL, STEP, ½ TURN, STEP, ½ TURN

&1&2&3&4& Step LF next to RF, cross RF in front of LF, step left on LF, touch R heel diagonally forward right, step RF next to LF, cross LF in front of RF, step right on RF, touch L heel diagonally forward left, step LF next to RF

5,6,7,8 Step forward on RF, ½ turn left on LF, step forward on RF, ½ turn left on LF

PART B - 32 counts

V-STEP, HIP BUMPS

1,2,3,4 Step diagonally forward on RF, step diagonally forward on LF, step back to center on RF, step LF next to RF

5,6,7,8 Step diagonally forward on RF bumping hips 2x to the right, bump hips 2x to the left

CROSS, TOUCH, CROSS, TOUCH, STEP, ¼ TURN, STEP, ¼ TURN

1,2,3,4 Cross RF in front of LF, touch L toe to left side, cross LF in front of RF, touch R toe to right side

5,6,7,8 Step forward on RF, ¼ turn left on LF, step forward on RF, ¼ turn left on LF (6.00)

WALK, WALK, OUT, OUT, DIP RIGHT, DIP LEFT

1,2,3,4 Walk forward on RF, LF, step right on RF, step left on LF
5,6,7,8 Bend knees, sway hip right, bend knees, sway hip left

CROSS, TOUCH, CROSS, TOUCH, JAZZ BOX ½ TURN

1,2,3,4 Cross RF in front of LF, touch L toe to left side, cross LF in front of RF, touch R toe to right side
5,6,7,8 Cross RF in front of LF, ¼ turn right step back on LF, ¼ turn right on RF, step forward on LF (12.00)

***The 2nd time you do B, substitute the last 4 counts with:**

CROSS, ¼ BACK, CHASSÉ ¼ TURN (weight ends on RF)

5,6,7&8 Cross RF in front of LF, ¼ turn right step back on LF, step right on RF, step LF next to RF, ¼ turn right on RF

PART C – 32 counts

STEP, TOGETHER, STEP, TOUCH, GRAPEVINE ¼ TURN

1,2,3,4 Step left on LF, step RF next to LF, step left on LF, touch right toe next to LF
5,6,7,8 Step right on RF, cross LF behind RF, 1/4 turn right on RF, touch left toe next to RF (3.00)

ROLLING VINE 1¼ TURN & TOUCH, HOLD & TOUCH, HOLD

1,2,3,4 ¼ turn left on LF, ½ turn left step back on RF, ½ turn left on LF, touch right toe next to LF (12.00)
&5,6&7,8 Step diagonally forward right on RF, touch L toe next to RF, hold, step diagonally forward left on LF, touch R toe next to LF, hold

STEP BACK, TOUCH, STEP BACK, TOUCH, WALK BACK X4

1,2,3,4 Step diagonally back right on RF, touch L toe next to RF, step diagonally back left on LF, touch R toe next to LF
5,6,7,8 Walk back R,L,R,L

ROCK BACK, RECOVER & ROCK BACK RECOVER & TOUCH & TOUCH & TOUCH & TOUCH &

1,2&3,4& Rock back on RF, recover on LF, step RF next to LF, rock back on LF, recover on RF, step LF next to RF
5&6&7&8& Touch R toe next to LF, step slightly right on RF, touch L toe next to RF, step slightly left on LF, touch R toe next to LF, step slightly right on RF, touch L toe next to RF, step slightly left on LF

ENDING: Make your own pose facing 12.00

Enjoy ☐
