

Yuh Body Move

拍数: 32 墙数: 4 级数: Beginner
编舞者: Yudha Alfattar (INA) - July 2024
音乐: MOVE (feat. Lavinia) - Shaggy



Start 16c on Music

Restart on wall 3 after 16 count

Restart on wall 6 & 9 after 8 count

A. Walk Forward RL - Mambo Cross RL - Mambo forward

1-2 Step R forward, Step L forward
3&4 Step R to side, Recover L, Cross R over L
5&6 Step L to side, Recover R, Cross L over R
7&8 Step R forward, recover L, Step R back

#Restart on wall 6 & 9 after 8 count

B. Back LR - Coaster step - diagonal chasse LR

1-2 Step back L, Step Back R
3&4 Step back L, step back R beside L, Step L forward
5&6 Turn 1/8 L (11.30) Step R to side, step L beside R, Step R to side
7&8 Turn 1/4 R (1.30) Step L to side, step R beside L, Step L to side

#Restart on wall 3 after 16 count

C. Syncopated forward side back R - Syncopated forward side - Sailor turn 1/4 L

1&2& Turn 1/8 L Step R forward, recover L, Step R to side, recover L
3&4 Step R cross behind L, Step L to side, step R cross over L
5&6& Step L forward, recover R, Step L to side, recover R
7&8 Step L back, turn 1/4 L R close beside L, step L forward

D. Step to side RL - Chasse R - step to side LR - Chasse L

1-2 Step R to side, Step L to side
3&4 Step R to side, Step L closed beside R, Step R to side
5-6 Step L to side, Step R to side
7&8 Step L to side, Step R closed beside L, Step L to side

Enjoy the dance!!!!

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