

Keep Movin' It

拍数: 48 墙数: 3 级数: Intermediate
编舞者: Zac Detweiller (USA)
音乐: Bailamos - Fergie



HEEL GRIND, HEEL GRIND, KICK STEP, HEEL GRIND, HEEL GRIND, KICK STEP

1-2 Cross right heel over left, turn toes to right while stepping left to left
3& Cross right heel over left, turn toes to right while stepping left to left
4& Kick right foot to right diagonal, step right foot in place
5-8 Repeat on left foot

MODIFIED BACHATA (SLIGHTLY TRAVELING BACKWARD): PRESS RECOVER STEP PRESS RECOVER STEP TOUCH

1&2& Press forward onto right toe, recover weight to left, step back on right, press forward on left
3&4 Recover weight to right, step back on left, touch right beside left
5&6& Press forward onto right, recover weight to left, step back on right, press forward on left
7&8 Recover weight to right, step back on left, touch right beside left

LOCK FORWARD, ROCK RECOVER ½ LEFT, LOCK FORWARD, FULL TURN TOUCH

1&2 Step right forward, step left slightly behind right (lock), step forward on right
3&4 Rock forward onto left, recover weight to right, make a ½ turn to left stepping left forward
5&6 Step right forward, step left slightly behind right (lock), step forward on right
7&8& Keeping forward motion make a ½ turn right stepping back on left, make a ½ turn right stepping right forward, step left foot forward, touch right beside left

KICK STEP CROSS, ¼ TURNING WEAVE, HEEL BALL CROSS, MODIFIED HEEL JACK

1&2 Kick right forward, step back on right, cross left over right
&3&4 Step back on right, step left to left side making a ¼ turn left, step right across left, step left to left side
5&6 Touch right heel forward, step right in place, cross left over right
7&8& Touch right toe by left heel, step right in place, present left heel forward, step left in place

½ PIVOT LEFT, FULL TURN LEFT, ROCK RECOVER, BEHIND SIDE ROCK

1-2 Step forward right, make a ½ turn left keeping weight left
3&4 Make a ¼ turn left stepping right, make a ½ turn left stepping left, make a ¼ turn left stepping right
5-6 Rock forward on left, recover weight right
7&8 Step left behind right, rock right to right, recover weight to left

SAMBA STEPS, ½ U TURN LEFT

1&2 Step right forward slightly in front of left, rock left to left, recover weight right
3&4 Step left forward and slightly in front of right, rock right to right, recover weight to left
5-6-7-8 Make a ½ turn to left walking in a "u shape pattern" note: feel free to shimmy your shoulders or scuff your foot on the & count to add styling

REPEAT

RESTART

On walls 2 and 4 you will drop the last 8 counts of the dance and start again. There will be an 8 count instrumental section immediately prior to restart. Both restarts occur at the front wall. Due to the restarts you do not dance the 9:00 wall

