

Moov'in On

拍数: 48 墙数: 2 级数: Intermediate
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音乐: Move It On Over - George Thorogood & Travis Tritt



1-2 Step left to side, kick right to side

Click right fingers

&3-4 Cross right behind left, step left to side, cross right over left

5-8 Repeat 1-4

1-2 Step left forward, turn ½ right (weight to right)

3-4 Step left forward, turn a full turn right and touch right together

5&6 Shuffle forward right, left, right

7-8 Step left forward, slide/touch right together

1&2 Cross/touch right heel over left, step right to side, cross left over right

3-4 Step right to side, touch left together

Click right fingers

&5-6 Step left slightly to side, cross right over left, hold

7-8 Unwind a full turn

Unwind over 2 counts. Weight stays on left

1&2 Step right to side, step left slightly back, cross right over left

3-4 Turn 1/8 left and step left (big step) forward, slide/touch right together

Click fingers

&5 Raise right hip, lower right hip

Swing hands in a full circle to the left

&6&7&8 Repeat &5 three more times

1&2 Cross/touch right heel over left, step right to side, cross left over right

3-4 Rock right to side, recover onto left

5 Roll hips left and pop right knee in

6 Roll hips right and pop left knee in

7 Roll hips left and pop right knee in

&8 Pop pelvis up, down

Weight stays on left foot

1 Roll hips right and pop left knee in

2 Roll hips left and pop right knee in

3 Roll hips right and pop left knee in

&4 Pop pelvis up, down

Weight stays on right foot

While doing these Elvis knees, hands should be in a scarecrow position, shoulder height and they also move forward on each step

5& Touch right heel forward, step right together

6& Touch left heel forward, step left together

7-8 Touch right heel forward, step right in place and bump hips forward

REPEAT