

# Motown Beat

拍数: 64      墙数: 2      级数: Intermediate  
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音乐: Uptown Girl - Westlife



## MONTEREY ¼ TURN KICK BALL CHANGE, HEAL JACK

1-2      Right toe to right side, turn ¼ right, right toe to base  
3-4      Touch left toe to left side, touch left toe to base  
5&6      Kick left forward, step left beside right, step onto right in place  
&7-8      Step right foot back, left heal forward, step back on left, touch right next to left

## MONTEREY ¼ TURN, TOUCH KICK, COASTER STEP

1-2      Right toe to right side, turn ¼ right, right toe to base,  
3-4      Touch left toe to left side, left toe to base (weight on left,)  
5-6      Touch right toe down, kick right leg forward  
7&8      Step back on right, step left beside right, step forward right

## LOCK STEP, SHUFFLE, ¼ TURN, LOCK STEP, SHUFFLE

1-2      Step left foot cross right behind left  
3&4      Step forward left, close right beside left, step forward on left  
5&6      ¼ Turn right step right foot forward, cross left behind right  
7&8      Step forward right, close left beside right, step forward right

## PIVOT ½ TURN & SHUFFLE FORWARD, FULL TURN, WALKS

1-2      Left forward pivot ½ turn right  
3&4      Step forward left, close right beside left, step forward left  
5-6      Full turn left, stepping right left (or 2 walks forward right left)  
7-8      Walk forward right left

## SWAY RIGHT & LEFT AND STEP TOGETHER STEP

1-2      Sway right, sway left (swaying both arms to right then left)  
3&4      Step on right to right side, step left beside right, step on right, (full circle to right with arms)  
5-6      Sway left, sway right (swaying both arms to left then right)  
7&8      Step on left to left side, step right beside left, step on left (full circle to left with arms)

## RIGHT AND LEFT SAILOR STEPS, SKATE'S FORWARD

1&2      Cross right behind left, step left to left side, step right to place  
3&4      Cross left behind right, step right to right side, step left to place  
5-6      Skate right diagonally forward, skate left diagonally forward  
7-8      Skate right diagonally forward, skate left diagonally forward

## KICK AND CROSS TWICE, GRIND TURN, COASTER STEP

1&2      Kick right leg diagonally right, step on right, cross left in front of right  
3&4      Kick right leg diagonally right, step on right, cross left in front of right  
5-6      Grind right heal (moving toe left then right), turning ¼ turn right stepping on left  
7&8      Step back right, step left beside right, step forward right

## ROCK & RECOVER, SHUFFLE TURN, STEP TOUCH

1-2      Rock forward on left, recover weight on right  
3&4      Shuffle back making ½ turn left, stepping left, right, left  
5&6      Shuffle forward making ½ turn left, stepping right left right

7-8

Step on left foot touching right next to left

**REPEAT**

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