

# Move It Like This

COPPER KNOB  
STEPSHEETS

拍数: 32                      墙数: 4                      级数: Improver  
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音乐: Move It Like This - Baha Men



## WALK FORWARD, SYNCOPATED TURNING ROCK-RECOVER

- 1                      Right - step forward
- 2                      Left - step forward
- 3                      Right - step (rock) forward slightly bending knees, while lifting left foot off floor
- &                      Left - turning ½ turn right, lower foot back to floor (recover)
- 4                      Right - step together
- 5                      Left - step forward
- 6                      Right - step forward
- &                      Left - step (rock) forward slightly bending knees, while lifting right foot off floor
- 7                      Right - turning ½ turn left, lower foot back to floor (recover)
- 8                      Left - step together

## ½ PIVOT TURN (LEFT), CROSS ROCK-RECOVER, COASTER STEP, CROSS ROCK-RECOVER

- 9                      Right - step forward
- 10                     On (balls of) both feet, pivot ½ turn left
- 11                     Right - step (rock) in front of left foot, while slightly lifting left foot off floor
- 12                     Left - lower foot back to floor (recover)
- 13                     Right - step backward on (ball of) foot
- &                      Left - step together on (ball of) foot
- 14                     Right - step forward
- 15                     Left - step (rock) in front of right foot, while slightly lifting right foot off floor
- 16                     Right - lower foot back to floor (recover)

## ¼ TRIPLE TURN (LEFT), SYNCOPATED JUMPS (FORWARD AND BACKWARDS) ½ PIVOT TURN (LEFT)

- 17&18                Triple ¼ turn left and step (left-right-left)
- &19                    Jump forward landing right foot then left (in a touch)
- 20                    Snap fingers up
- &21                    Jump backwards landing left foot then right foot (in a touch)
- 22                    Snap fingers up
- 23                    Right - step slightly forward
- 24                    On (balls of) both feet, pivot ½ turn left

## SYNCOPATED JUMPS FORWARD WITH HIP BUMPS, ½ PIVOT TURN (LEFT), KICK-BALL CHANGE

- &25                    Jump forward landing right foot then left together
- 26                    Bump left hip left (weight on left foot)
- &27                    Jump forward landing right foot then left together
- 28                    Bump left hip left (weight on left foot)
- 29                    Right - step forward
- 30                    On (balls of) both feet, pivot ½ turn left
- 31                    Right - kick forward
- &                      Right - land on (ball of) foot, while slightly lifting left foot off floor
- 32                    Left - lower foot back to floor

### Option for counts 31&32:

- 31                    Right - step (rock) forward, while slightly lifting left foot off floor
- &                      Left - lower foot back to floor (recover)
- 32                    Right - touch together

REPEAT

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