

Move Ya

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Move Ya Body - Nina Sky



STEP-TOUCH-POINT, ¼ RIGHT PADDLE TURN TWICE, CROSS-LOCK-TRIPLES: LEFT, RIGHT

- &1-2 Step diagonally right on right, touch left toes next to right foot, point left toes diagonally back left
- &3&4 Turn ¼ right on ball of right while hitching left knee, point left toes left, turn ¼ right on ball of right while hitching left knee, point left toes left, (totaling ½ turn right)
- 5&6 Step left foot forward across right, lock right behind left, step forward on left foot
- 7&8 Step right foot forward across left, lock left behind right, step forward on right foot (6:00)

PIVOT ½ LEFT, POSE, LEFT BACK MAMBO, PRESS-½ TURN RIGHT-POINT, ¼ RIGHT MAMBO

- 1-2 Turn ½ left taking weight back on right foot, pose pushing hips left keeping weight right
- 3&4 Rock left behind right, recover on right, step left foot next to right
- 5&6 Press right toes behind left foot, on the spot: turn ½ right onto left foot, point right toes to right side
- 7&8 Rock back slightly on right, turn ¼ right recovering on left, step forward on right foot (9:00)

PRESS TURN ½ RIGHT BODY ROLL, BALL-CROSS ¼ RIGHT SWIVEL, BALL-CROSS-SWIVELS TURNING ¼ RIGHT

- 1&2-3-4 Brush left foot forward, press forward on left toes, begin turning ½ right while rolling body back (2-3), step down with weight back over left foot
- &5-6 Step slightly back right with ball of right, cross left toes over right, swivel ¼ turn right taking weight left
- &7&8 Step slightly back right on ball of right, step left forward across right swiveling 1/8 right, ball step right, step left forward across right swiveling 1/8 right (9:00)

RIGHT SIDE MAMBO, LEFT SIDE MAMBO, STEP-TOUCH-POINT, TRIPLE STEP LEFT

- 1&2 Rock right foot right, recover on left foot, step together with right
- 3&4 Rock left foot left, recover on right foot, step together with left
- &5-6 Step diagonally right on right, touch left toes next to right foot, point left toes diagonally back left
- 7&8 Step left foot forward left, step right foot together/behind left, step slightly left on left (9:00)

REPEAT

Option: to end facing 12:00, turn counts 23 & 24, another ¼ to the right, then continue as music fades