

Move Your Feet

拍数: 32 墙数: 2 级数:
编舞者: Masters In Line (UK)
音乐: Move Your Feet - Junior Senior



CROSS-ROCK SIDE, CROSS-ROCK TURN, ½ TURN, ½ TURN, JUMP FORWARD & BACK

- 1&2 Cross-rock right over left, recover weight onto left, step to right on right
- 3&4 Cross-rock left over right, recover weight onto right, turn ¼ left stepping forward onto left
- 5-6 Turn ½ left stepping back on right, turn ½ left stepping forward on left
- &7 Small jump forward (right then left)
- &8 Small jump back (right then left)

¼ TURN SHUFFLE, ½ TURN SHUFFLE, JAZZ BOX WITH ½ TURN

- 1&2 Turn ¼ right and shuffle forward right-left-right
- 3&4 Turn ½ left, and shuffle forward left-right-left
- 5-6 Cross-step right over left, step back on left (preparing to turn)
- 7-8 Turn ½ right stepping forward onto right, step forward on left

As you do the shuffles, put the index & middle fingers of each hand together and move your hands up & down to the count of 1&2, 3&4

ROCK, RECOVER, TRIPLE TURN 1½ BACK ; ROCK, RECOVER, LEFT COASTER

- 1-2 Rock forward on right, recover weight onto left
- 3&4 Triple 1 ½ turns back over right shoulder stepping right-left-right

Easier option is just to do ½ turning shuffle instead of 1 ½

- 5-6 Rock forward on left, recover weight onto right
- 7&8 Step back on left, step on right beside left, step forward on left

KICK, CROSS, UNWIND (BOUNCE) ; STEP SLIDE TOUCH (TWICE) WITH SHOULDERS

- 1-2 Kick right foot diagonally-forward right, cross-touch right foot over left
- 3&4 Bounce heels 3 times making a full turn to the left over left shoulder
- 5 Step diagonally-forward right on right foot (left shoulder up, right shoulder down)
- & Slide left foot towards right (left shoulder down, right shoulder up)
- 6 Touch left foot beside right (left shoulder up, right shoulder down)
- 7 Step diagonally-forward left on left foot (left shoulder down, right shoulder up)
- & Slide right foot towards left (left shoulder up, right shoulder down)
- 8 Touch right foot beside left (left shoulder down, right shoulder up)

REPEAT