

Movin'

拍数: 40 墙数: 4 级数: Beginner
编舞者: Virginia Tsui (CAN)
音乐: Movin' - Jessica Jay



STEP FORWARD, KICK FORWARD, STEP BACK, TOUCH BACK

1-2 Step left foot forward, kick right foot forward
3-4 Step right foot back, touch left toe back

STEP FORWARD, KICK FORWARD, STEP BACK, TOUCH BACK

5-6 Step left foot forward, kick right foot forward
7-8 Step right foot back, touch left toe back

SIDE LEFT, TOGETHER, SIDE, SIDE RIGHT, SLIDE TOGETHER

9&10 Step left foot to side left, step right foot next to left foot, step left foot to side left
11-12 Step right foot to side right (a big step to side right), slide left foot next to right foot

SHUFFLE FORWARD, STEP BACK, SLIDE TOGETHER

13&14 Step right foot forward, step left foot next to right foot, step right foot forward
15-16 Step left foot back, slide right foot next to left foot

COASTER STEP, STEP FORWARD, ROCK

17&18 Step left foot back, step right foot next to left foot, step left foot forward
19-20 Step right foot forward, rock left foot in place

COASTER STEP, STEP FORWARD, PIVOT ½ TURN RIGHT

21&22 Step right foot back, step left foot next to right foot, step right foot forward.
23-24 Step left foot forward, pivot ½ turn right

TOE - HEEL STRUT

25-26 Touch left toe forward, drop left heel to floor with weight
27-28 Touch right toe forward, drop right heel to floor with weight

SYNCOPATED STEP, KICK RIGHT SIDE, STEP, KICK LEFT

&29 Step left foot next to right foot, kick right foot out to side right
&30 Step right foot next to left foot, kick left foot out to side left

SYNCOPATED STEP, KICK FORWARD, STEP, KICK BACKWARD

&31 Step left foot next to right foot, kick right foot forward
&32 Step right foot next to left foot, kick left foot backward

Optional steps

&29 Step left foot next to right foot, touch right toe to side right
&30 Step right foot next to left foot, touch left toe to side left
&31 Step left foot next to right foot, touch right toe forward
&32 Step right foot next to left foot, touch left toe back

SHUFFLE LEFT FORWARD, SHUFFLE RIGHT FORWARD

33&34 Step left foot forward, step right foot next to left foot, step left foot forward
35&36 Step right foot forward, step left foot next to right foot, step right foot forward

STEP BACK, STEP BACK, TOUCH BACK & TURN ¼ LEFT, HOOK

37-38 Step left foot back, step right foot back

39-40 Touch left toe back & make a turn $\frac{3}{4}$ turn left, hook left leg across front of right leg
Bend left knee & kick left heel to right across front of right leg

REPEAT
