

# Movin' & Shakin'

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Cindi Talbot (CAN)  
音乐: Move It Like This - Baha Men



## SHUFFLE FORWARD, PIVOT ½ RIGHT, STEP FORWARD ROCK HIPS

1&2      Shuffle forward right-left-right  
3-4      Step forward left, pivot ½ right putting weight on right  
5-6      Step forward left rocking hips forward, rock hips back  
7-8      Rock hips forward, rock hips back (weight on right lifting left heel)

## SHUFFLE FORWARD, PIVOT ½ LEFT, RUNNING MAN

9&10      Shuffle forward left-right-left  
11-12      Step forward right, pivot ½ left putting weight on left  
13&      Step forward on right, hitch left knee while sliding back on right  
14&      Step forward on left, hitch right knee while sliding back on left  
15&      Step forward on right, hitch left knee sliding slightly back on right  
16      Step forward on left

## BIG STEP/HEEL SWIVELS/½ TURN/ ¼ TURN

17-18      Take big step right to right, swivel left toes in toward right  
19&      Swivel left heel in toward right, swivel left toes in toward right  
20      Swivel left heel in (feet should be together with weight on right)  
21-22      Step forward left, pivot ½ turn right  
23-24      Step forward left, pivot ¼ turn right(weight on right)

## ELECTRIC SLIDE LEFT, STEP SLIDE STEP (BACK), STEP BACK & BUMP

25&      Step left to left, step right beside left  
26&      Step left to left, step right beside left  
27-28      Make long step to left with left, drag right toe to touch beside left  
29&30      Step back diagonally right, slide left to meet right, step right back diagonally right  
31&32      Step back on left, bumping hips back, bump hips forward, bump hips back

## REPEAT

## TAG

When dancing to "Move It Like This", you start with the lyrics, dance the sequence 4 times, after the first 16 counts of the fifth sequence, insert this 8 count tag, then start the dance from the beginning (you will be facing the front)

1-2      Step right out to right, step left out to left  
3-4      Step right in, step left in  
5-6      Dip hips down right, down left(bend knees to dip)  
7-8      Straighten knees rocking hips right then left