

Movin' On

拍数: 42 墙数: 4 级数: Improver
编舞者: Jim Wendrickx (USA) & Robbie Wendrickx (USA)
音乐: All You Ever Do Is Bring Me Down - The Mavericks



RIGHT ;TOE & HEEL TOUCHES, PIVOT, HOLD

1-2 Touch right toe to right side; touch right toe beside left foot
3-4 Touch right heel forward; touch right toe beside left foot
5-6 Pivot ½ turn right on ball of left; switch weight to right & clap hands.

LEFT TOE & HEEL TOUCHES, PIVOT, HOLD

7-8 Touch left toe to left side; touch left toe beside right foot
9-10 Touch left heel forward; touch left toe back
11-12 Pivot ½ left on ball of right foot; switch weight to left & clap hands.

RIGHT & LEFT GRAPEVINES WITH TOUCHES

13-14 Step right foot to right side; cross-step left foot behind right
15-16 Step right foot to right side; touch left toe beside right foot
17-18 Step left foot to left side; cross-step right foot behind left
19-20 Step left foot to left side; touch right toe beside left foot.

HIP BUMPS

21-22 Step on right foot bumping hips forward twice
23-24 Bump hips back twice
25-26 Bump hips forward then backward
27-28 Bump hips forward then backward.

SIDE SHUFFLES WITH ROCK STEPS

29&30 Step right foot to right; step left together; step right foot to right
31-32 Cross-step left behind right; rock forward onto right
33&34 Step left foot to left; step right together; step left foot to left
35-36 Cross-step right foot behind left; rock forward onto left foot.

RIGHT KICK-BALL-CHANGE, TURNING JAZZ SQUARE

37&38 Kick right foot forward; step on ball of right foot; step left beside right
39-40 Cross-step right foot over left; step back onto left foot
41-42 Turning ¼ right, step right foot slightly right; step left beside right.

REPEAT
