

The Way You Move

拍数: 32 墙数: 4 级数: Improver hip hop
编舞者: Michael Lorah (USA)
音乐: The Way You Move - Outkast



BUTTERFLY TOUCHES, JUMP ¼ TURN, MOVE TO THE LEFT

- &1 Butterfly heels out while stepping right forward, then in when you step down
- &2 Butterfly heels out, then in when touching left foot forward
- &3 Butterfly heels out while stepping left back, in when weight is on the left
- &4 Butterfly heels out while stepping right foot back, in when right is next to left
- & Jump forward onto right foot and a ¼ turn to the left
- 5 Step left foot next to right foot
- 6 Starting the move to the left step left with left foot with toes out
- 7 Moving to the left shift feet so that toes are in
- & Moving left shift feet so that toes are out
- 8 Moving left shift feet to straight

HEELS AND SIDE TOES, KNEE ROLL, ¼ TURN

- 9& Touch right heel forward, then bring it back home
- 10& Touch left foot forward, then bring it back home
- 11& Touch right foot to right side, then bring it back home
- 12& Touch left foot to side while snapping left hand out, then bring it back home
- 13 Touch right foot to side while snapping right hand out
- 14 Roll right knee out while rolling right arm at the elbow up and snapping
- 15 Rock on right while rolling right arm at elbow down
- 16 Step weight back onto left while making a ¼ turn left, when the right arm moves down "push" yourself forward

JAZZ BOX, JUMP FORWARD AND BACK

- 17-21 Cross right over left, left back, right back, left step forward
- &22-23 Hop forward right left, then clap
- &24-25 Hop back right left, then clap

JAZZ BOX ¼ TURN RIGHT 4 STEPS FORWARD

- 26-28 Cross right over left, big step back ¼ turn with left, step forward right then left
- 29-30 Step right forward and to the side while rolling knee out twice
- 31-32 Step left forward and to the side while rolling knee out twice

REPEAT

Wall 1 alternate: when done to the suggested music there is a chance for a variation instead of a hop forward on wall 1

- 5 Step forward on right bring right hand straight out
- & Step forward on left bring left hand straight out
- 6 Bend at knees
- 7-8 Slowly bring knees up straight