

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