

Gotta Move

拍数: 72 墙数: 4 级数: Intermediate
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音乐: Walking On Sunshine - Jennifer Lopez



KICK RIGHT FORWARD, TOUCH BACK, TURN, KICK RIGHT FORWARD, JAZZ BOX, BODY ROLL

- 1 Kick right foot forward
- 2 Touch right toe slightly back
- 3 Pivot ½ turn right keeping weight on left foot
- 4 Kick right foot forward
- 5&6 Cross/step the right foot over the left, step back on the left foot, step right home
- 7-8 Roll body downward

SHUFFLE RIGHT, ½ TURN, SHUFFLE LEFT, SHUFFLE RIGHT, ½ TURN, SHUFFLE LEFT

- 1&2 Side shuffle to right: right-left-right to right making a ½ turn right on last step (end facing 12:00 wall)
- 3&4 Side shuffle to left: left-right-left moving to left
- 5&6 Side shuffle to right: right-left-right to right making a ½ turn right on last step (end facing 6:00 wall)
- 7&8 Side shuffle to left: left-right-left moving to left (now back home where you started this 8 count sequence)

SHUFFLE RIGHT, ROCK, RETURN, SHUFFLE LEFT, ROCK, RETURN

- 1&2 Step right to right & step left together, step right to right
- 3-4 Step left behind right, recover weight to left
- 5&6 Step left to left & step right together, step left to left
- 7-8 Step right behind left, recover weight to right

GRAPEVINE RIGHT, STEP TOGETHER STEPS LEFT

- 1-4 Step right to right, step left behind right, step right to right side, touch left toe next to right
- 5& Step left to left side, slide right next to left and take weight
- 6& Step left to left side, slide right next to left and take weight
- 7-8 Step left to left side, step right next to left

OUT/HEEL/IN/CROSS, UNWIND ½ TURN LEFT, (REPEAT)

- 1&2& Step right to right and slightly back, touch left heel forward, step left home, cross/touch right over left
- 3-4 Pivoting on the sole of left foot unwind ½ turn to left (end with weight on left foot)
- 5&6& Repeat 1&2&
- 7-8 Repeat 3-4

SHUFFLE RIGHT, ROCK, RETURN, SHUFFLE LEFT, ROCK, RETURN

- 1&2 Step right to right & step left together, step right to right
- 3-4 Step left behind right, recover weight to left
- 5&6 Step left to left & step right together, step left to left
- 7-8 Step right behind left, recover weight to right

SIDE STEP/HOLD, SIDE STEP HOLD, TOUCH, 1 ¼ TURN LEFT

- 1-2 Step right to right, hold
- &3-4 Step left together with right foot, step right to right, hold
- & Quickly touch left toe together with right foot
- 5 Step to left ¼ to left (starting a 1 ¼ quarter turn to the left)

- 6 Pivot on left foot and make ½ turn to the left
- 7 Pivot on right foot and make ½ turn to left (continue turn)
- 8 Touch right beside left

STEPS FORWARD, STEPS BACKWARD, MASHED POTATO UP (MOVES FORWARD)

- 1-2 Step right forward, step left next to right
- 3-4 Step right back, step left next to right
- &5 Step forward on ball of right foot while turning both heels outward then inward
- &6 Step forward on ball of left foot while turning both heels outward then inward
- &7 Step forward on ball of right foot while turning both heels outward then inward
- &8 Touch ball of left foot forward while turning both heels outward then inward

MASHED POTATO BACK (MOVES BACK), SYNCOPATED SIDE TOUCHES

- &1 Step backward on ball of left foot while turning both heels outward then inward
- &2 Step backward on ball of right foot while turning both heels outward then inward
- &3 Step backward on ball of left foot while turning both heels outward then inward
- 4 Step backward on right foot and touch left toe close to right foot
- 5 Touch left toe to left
- &6 Step left home touch right toe to right side
- &7 Step right home and touch left toe to left side
- &8 Step left home touch right toe to right side and slightly back

REPEAT
