

Go On Movin

拍数: 48 墙数: 4 级数: Intermediate
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音乐: Let The Music Play - Music Instructor



KICK & TOUCH, SAILOR SHUFFLE, KICK; KICK, SAILOR SHUFFLE

1&2 Kick right forward, replace weight, touch side left
3&4 Step left behind right, rock ball of right side right, step left in place
5-6 Kick right forward, kick right side right
7&8 Step right behind left, rock ball of left side left, step right in place

SAILOR SHUFFLE WITH ½ TURN, SIDE SHUFFLE, STEP-SLIDE TWICE

1&2 Step left behind right with ¼ turn left, step side right with ¼ turn left, cross left in front of right
3&4 Step side right, step left next to right, step side right
5-6-7-8 Step side left, slide right next to left, slide right next to left (no weight)

MONTEREY TURN WITH ¾ TURN, "ROBOT WALK"

1-2 Touch side right, (while bringing right next to left) turn ¾ right
3-4 Touch side left, step left next to right
5-6-7-8 Step right forward, hold, step left forward, hold

While stepping right forward lift left arm forward bent at the elbow (palm down) about chest high. Do the same movement with the right arm when stepping forward left. It should look "mechanical", like a robot

MASHED POTATOES & OUT, SNAKE ROLLS

&1& Spread heels open, step back on right and close heels, spread heels open
2&3 Step back on left and close heels, repeat &1
&4 Step left a little bit back and to the side, step right shoulder width apart
5-6 Snake roll right (with body angled diagonal left)
7-8 Snake roll left (with body angled diagonal right)

TOUCH & TOUCH & TOUCH, HITCH, STEP TWICE

1&2& Touch side right, replace the weight, touch side left, replace the weight
3&4 Touch side right, hitch right leg, step right forward
5&6& Touch side left, replace the weight, touch side right, replace the weight
7&8 Touch side left, hitch left leg, step left forward

PIVOT, PIVOT, PIVOT & OUT, ARM WAVE

1-2 (Going backwards) step right ½ turn right, pivot ½ turn right onto left
3 Pivot ½ turn right onto right
&4 Step left a little bit forward and to the side, step right shoulder width apart
& Touch right next to left
5 (While straitening right leg and taking weight on right) touch side left
6 Hold
& Touch left next to right
7 (While straitening left leg and taking weight on left) touch side right
8 Hold

The touch/holds are almost done as side rocks or mambo steps with a little bit of weight transfer to the touching foot and back. While doing that footwork put your arms out to the each side and do a wave like motion starting in the right hand and rolling to the left, reverse the wave for counts &7,8

REPEAT

