

拍数: 48 墙数: 4 级数: Intermediate

编舞者: Rita Tyner (CAN) 音乐: No News - Lonestar



When dancing to "Move It On Over," at the end of the instrumental section only, there are 7 extra counts. To accommodate this, use (Bump hips left. Hold. Right. Hold. Bump Left, right, left)

RIGHT DIAGONAL STEP FORWARD/TOUCH LEFT TO RIGHT/SWIVEL HEELS RIGHT AND CENTER

1-2 Right diagonal step forward to 1:00, left step next to right

3-4 Swivel both heels right, swivel both heels center

LEFT DIAGONAL STEP FORWARD/TOUCH RIGHT TO LEFT/SWIVEL HEELS LEFT AND CENTER

5-6 Left diagonal step forward to 11:00, right step next to left

7-8 Swivel both heels left, swivel both heels center

KICK SIDE, STEP BACK RIGHT, LEFT, RIGHT, LEFT

9-10	Kick right to right side, step right back
11-12	Kick left to left side, step left back
13-14	Kick right to right side, step right back
15-16	Kick left to left side, step left back

RIGHT BIG SIDE STEP/DRAG LEFT TO RIGHT/HEEL SPLIT/OUT, OUT, IN, IN

17-18	Step big step right, left drag step to right
19-20	Heel splits apart and together
21-22	Right step slightly right, left step slightly left

23-24 Right step center, left touch center

LEFT BIG SIDE STEP/DRAG LEFT TO RIGHT/HEEL SPLIT/OUT, OUT, IN, IN

25-26	Left big step left, right drag step to left
27-28	Heel splits apart and together
29-30	Right step slightly right, left step slightly left
31-32	Right step center, left step center

RIGHT ROCK FORWARD/LEFT CENTER/RIGHT ROCK BACK/LEFT CENTER

33-34	Right rock forward, rock to center on left
35-36	Right rock back, rock to center on left

RIGHT STEP FORWARD/ 1/4 PIVOT TO THE LEFT / STRIKE BOTH HEELS TWICE

37-38	Step right forward, pivot ¼ to the left
37-30	SIED HUHL IOLWAIU. DIVOL /4 IO LITE IEIL

39-40 Come up on balls of both feet to strike heels on floor twice

RIGHT KNEE CIRCLE/ LEFT KNEE CIRCLE

41-42	Weight on left, right is on ball of	foot circle right knee from	n center to the right and back to

center

43-44 Weight on right, left is on ball of foot -- circle left knee from center to the left and back to

center

RIGHT FOOT JAZZ BOX

45-46	Right step over left, step left back
47-48	Right step over right, left step center