Keep Upya Little Move

拍数: 64

级数: Improver

编舞者: Dancin Mamas - June 2006

音乐: Crazy (feat. Pitbull) - Lumidee

Start on main	vocals, 16 count intro
Section 1	Walk, Walk, ½ left semicircle turn right, Mambo break hitch
1-2	(1)Walk right, (2)left forward
3&4	(3)Cross right over left, (&)step left back turning 1/8 right (facing right diagonal) (4)Step right 1/8 to right side (3 o'clock)
5&6	(5)Step left behind right, (&)step forward on right turning ¼ rights (6 o?clock) (6)Step forward on left (moving in a left semicircle)
7&8	(7)Rock right foot forward,(&) recover on left, (8) Hitch
(Optional mov punch in your	ve: count 8. Push palms forward and your hips back to make it feel like a break, like as you get a stomach)
Section 2	Funky weave, Point Hitch cross
1-4	(1)Step right behind left popL knee forward, (2)step left foot back to left pop R knee foward (3)Cross right over left pop L knee forward (4)Step back on left pop R knee forward.
5-6	(5)step back on right, (6)cross left over right
7&8	(7)point right to right side, (&)hitch right knee, (8)cross right over left (6 o?clock)
Easy Option:	(Weave moving back. 1-4 to left diagonal. 5-8 to right diagonal)
Section 3	Rock✗ 1/8 left,Side, turn ¼, Kick ball long step, Kick ball long step
1&2 3-4	 (1)Rock left to left side, (&)recover on right, (2)step left foot forward turning 1/8 left (3)Step right foot to right side 1/8 turns left. (9 o?clock) (4)step left to left turning ¼ left (12 o?clock) (keep your legs stiff, take wide steps)
5&6	(5)Kick right foot forward, (&)step down on right with bent knee, (6)take a long step forward on left
7&8	(7)Kick right foot forward, (&)step down on right with bent knee (8)take a long step forward o left (12 o?clock)
Section 4	Lounge, Snap, Kick, Behind side cross & Funky weave
1-4	 (1) With left hand on hip Lounge forward , snap your fingers 3 times and pop your knee, right (&) left (2) right (&)left (3) right at the same time, (4)recover on left as you kick right foot forward towards 1 o?clock
5&6	(5)Step right foot behind left, (&)step left to left side, (6)cross right foot over left
&7&8	(&)Step left to left side, (7)step right foot behind left, (&)step left to left side, (8)cross right foo over left, (12 o?clock)
	ve: 5-8 Move your arms as if you were holding a steering wheel with bent arms, & closed fist d ,shoulders pop up &down)
Section 5	Paddle turn right ¾, ?Beyonce shakes?
1&2&3&4	 (1)Point left to left side, (&)hitch left turning ¼ right, (2) point left to left side (3 o?clock). (&)Hitch left turning ¼ right, (3) point left to left side (6 o?clock) (a) hitch left turning ¼ right, (b) for the first left side (6 o?clock)

- (&) hitch left turning ¼ right, (4) flex your foot left to left side (9 o?clock)
- 5&6 (5) Step down on left foot as you push your chest back (&) and forward&back (6) rise your right foot flexed.
- 7&8 (7) Step down on right foot as you push your chest back(&) and forward &back (8) rise your left foot flexed. (9 o'clock)

(Optional move: ?Beyonce shake?: bend your arms, palms facing forward at chest level, pushing your chest forward and back. (The counts can be 5&6&7&8&)

Section 6 Dorothy, left, right, Shuffle forward, Sailor full turn

1-2& (1)Step left diagonally forward, (2)lock right foot behind left, (&)step forward on left





墙数:4

3-4& (3)Step right diagonally forward, (4)lock left foot behind right, (&)step forward on right Shuffle forward on left, right, left 5&6 7&8 Sailor full turn over right shoulder, weight ends on right. (9 o'clock) Section 7 Charleston, Turn, & Forward Clap & Forward Clap 1-2 (1)Point left foot forward, (2)point left foot back 3-4 (3)unwind ¹/₂ turn over left shoulder, step down on left (4)clap your hands (&)step right foot behind left. (5)step down on left and (6)clap your hands &5-6 (&)step right foot behind left, (7)step down on left and (8) clap your hands (3 o?clock) &7-8 Section 8 Rock&cross, Sway 1/2 turn left, Rock&cross, Sway 1/4 turn left 1&2 (1)Rock right to right side, (&)recover on left, (2)cross right over left (3,4)Sway hips in a semicircle from left to right ¹/₄ turn left x2 (compleating1/2 turn) 3-4 5&6 (5)Rock right to right side,(&) recover on left, (6)cross right over left 7-8 (7-8)Sway hips in a semicircle from left to right 1/4 turn left. Weight ends on left foot (6 o?clock) No tags, no restarts! Have Fun!!