

More

拍数: 96

墙数: 4

级数: Phrased Intermediate / Advanced -
Funky



编舞者: Barbara Seelt (NL) - November 2013

音乐: More (RedOne Jimmy Joker Remix) - Usher

Sequence A Tag BCA ABC AAC BAA B

Part A – 32 counts

[1-8] knee pop, touch, heel, scuff, hitch, slide, cross, full turn, out, out

- 1& R knee turn to L, turn R knee back to front
- 2& LF touch to L side, step LF back next to RF
- 3& Touch R heel forward, step RF back next to LF
- 4& Scuff LF over floor, hitch LF up to 90 degrees angle from hip whilst jumping forwards
- 5-6 LF step big step forward (slide), cross RF behind LF (whilst prepping body to L)
- 7 Full turn on both feet (12:00)
- &8 Step RF to R side, step LF to L side

[9-16] down, out, out, down, out, out, ½ turn, full turn

- 1 Close both feet by jumping together whilst bending your knees as far as possible
- &2 Step RF to R diagonal behind, step LF to L diagonal forward
- 3 Close both feet by jumping together whilst bending your knees as far as possible
- &4 Step LF to L diagonal behind, step RF to R diagonal forward
- &5 Step RF back, step LF forward (whilst prepping body to left)
- 6 Turn half R, facing 06:00
- 7-8 Close LF next to RF whilst turning a full turn, step RF forward

[17-24] ¼ turn, dixi-kick, sailor slide, heel step, slide, rockstep

- 1 Turn ¼ R (09:00) whilst step LF to L side
- 2 Dixi-kick (pointing heel to floor) to R side whilst pushing R shoulder down and L shoulder up
- 3&4 Cross RF behind LF, step LF next to RF, RF step big step to R side (slide)
- 5-6 Cross L heel in front of RF, RF step big step to R side (slide)
- 7&8 Step LF behind, weight back on RF, step LF next to RF – weight on RF

[25-32] rock, hitch, knees, rock, ¼ turn, ½ turn

- 1& Step RF behind, weight back on LF – whilst pushing straight arms down from front to back
- 2 Hitch RF up to 90 degrees angle from hip, whilst arms come up till 90 degrees bend at the elbows from shoulders to hands
- 3 Step RF forward whilst crossing arms, R arm on top, wave hands during crossing
- & Push both knees sideways whilst open arms, push them sideways
- 4 Push both knees back to original position whilst crossing arms again
- 5 Step RF to R side
- & Weight on RF whilst pushing R shoulder high and L shoulder down
- 6 Weight back on LF whilst doing shoulder in original position
- 7-8 Turn ¼ L, step RF forward, turn ½ L step LF next to RF (12:00)

Part B – 32 counts

[1-8] walk, turn, walk, walk, sailor sweep, sweep

- 1-2 Step RF diagonal R forward (01:30), full turn R whilst stepping LF next to RF
- 3-4 step RF forward, step FL forward
- 5& Cross RF behind LF, step LF next to RF
- a Step RF next to LF (still to 01:30)

- 6 ¼ turn L (facing diagonal L -10:30), sweep LF from front sideways to back
- 7 Step LF behind RF, sweep RF from front sideways to back
- 8 Step RF behind LF (still to 10:30)

[9-16] hitch, bodyroll, bodypop, walk, full turn, walk, walk, walk, 3/8 turn

- &1-2 Hitch LF from front to back, step RF behind whilst making a bodyroll (from top to bottom)
- &3 Step RF next to LF, step LF behind start making a bodyroll (from top to bottom)
- &4 Bodypop: push shoulders to front and back, touch RF forward (still to 10:30)
- 5-6 Step RF forward, turn full turn whilst stepping LF next to RF
- 7& Step RF forward, step LF forward (still to 10:30)
- 8 Turn 3/8 turn (06:00), step RF to R side

[17-24] heel, toe, heel, hitch, heel, toe, heel, sailor slide, sailor rock

- 1& Turn L heel to RF, turn L toe to RF
- 2 Hitch LF whilst crossing L knee RF
- 3&4 Step LF to L side whilst turning L heel to L side, turn L toe to L side, turn L heel to L side
- 5&6 Cross RF behind LF, step LF next to RF, RF step big step to R side (slide)
- 7&8 Cross LF behind RF, step RF next to LF, rock LF forward

[25-32] ½ twist, ½ turn, hitch, ¼ turn, ½ turn, slide

- & Weight back on RF
- 1-2-3 Step LF behind, turn ½ L on L heel and R toe, turn back
- 4 Hitch L knee up
- 5-6 Turn ¼ L step LF forward, step RF next to RF turn ½ L (9:00)
- 7-8 LF step big step forward (slide), step RF next to RF

Part C – 32 counts

[1-8] 4 moonwalks, ½ turn, Michael Jackson turn

- 1 Weight on L toe, slide RF behind
- 2 Weight on R toe, slide LF behind
- 3 Weight on L toe, slide RF behind
- 4 Weight on R toe, slide LF behind
- 5-6 Step LF behind, ½ turn L
- 7-8 Step LF behind, ½ turn – first turn LF whilst pushing L knee sideways, after turn RF whilst pushing R knee sideways

[9-16] 2 moonwalks forward, touch, touch, side

- 1-2 Step RF next to LF, slide LF behind
- 3-4 Step LF next to RF, slide RF behind
- 5& Touch RF to R side, step RF next to LF
- 6& Touch LF to L side, step LF next to RF
- 7-8 RF step big step to R side (slide), step LF next to RF

[17-24] 4 kicks backward, ¼ turn, out, ¾ turn

- 1&2 Kick RF backward whilst jumping on LF, step RF next to LF, kick RF backward whilst jumping on RF
- 3&4 Kick RF backward whilst jumping on LF, turn RF back to original stand, kick RF backward whilst jumping on LF
- &5 Step RF to R side whilst turning ¼ R (12:00), touch L heel L diagonal forward
- &6 Weights on LF, step RF next to LF turn ¾ L
- 7-8 LF step big step to L diagonal (slide)

[25-32] cross, steps, cross, slide, sweep, sailorstep, ½ turn, triple turn

- 1& Cross RF over LF, step LF to L side
- 2& Step RF next to LF, cross LF over RF

- 3 RF step big step to R side (slide) and sweep LF from side to behind
4&5 Cross LF behind RF, step RF next to LF, step LF forward (whilst prepping body to L)
6 ½ turn R
7&8 Step LF next to RF whilst turning full turn R, step RF next to LF, step LF forward (12:00)

Tag - 4 counts

- 1-4 hand crosses, hitch, hand crosses, hitch
1&2 Arms at 90 degrees, pointing down, cross in front of the face (L hand in front) to come up to 90 degrees and fall back down to original stands whilst crossing arms (R hand in front), bring you L knee with your L arm to the side and hitch LF to L side up to 90 degrees angle from hip.
3&4 Arms at 90 degrees, pointing down, cross in front of the face (L hand in front) to come up to 90 degrees and fall back down to original stands whilst crossing arms (R hand in front), bring you R knee with your R arm to the side and hitch RF to R side up to 90 degrees angle from hip.

Contact: barbaraseelt@live.nl
