

拍数: 64 墙数: 2 级数: Advanced - WCS
 编舞者: Linda McCormack (UK) & Rachael McEnaney (USA) - November 2013
 音乐: Move - Little Mix : (Album: Salute or avail. as single - 3:44)



Count In: 32 counts from start of track. Approx 120bpm. Notes: Restart 1st wall count 48

[1 - 9] R hip circle CCW, hip push fwd-back, L ball change, L sweep, L cross, R side rock, R cross shuffle
 1 2 Step right to right side as you circle hips towards 9.00 (1), complete hip circle end at 10.30 with hips pushed forward & left heel lifted (left knee should be bent) (2) 10.30
 3 & 4 Push hips back as you straighten left knee (3), step ball of left next to right (&), cross right over left (4) 10.30
 5 6 Sweep left leg forward (5), cross left over right (6) 12.00
 7 & 8 & 1 Rock right to right side (7), recover weight right (&), cross right over left (8), step left to left side (&), cross right over left (1) 12.00

[10 – 16] Walk L-R-L making ¼ turn L, ball press L, hold, L back, toe taps moving back R-L,
 2 3 4 Make ¼ turn left stepping forward left (2), make ¼ turn left stepping forward right (3), make ¼ turn left stepping forward left (4) 3.00
 & 5 6 Step ball of right next to left (&), press ball of left foot forward (bend left knee slightly) (5), hold (transfer weight to right) (6) 3.00
 & 7 & 8 Step back left (&), tap (press) right toe forward (7), step back right (&), tap (press) left toe forward (8) 3.00

[17 - 24] Side L with ¼ turn L, point R, rolling vine with ball cross, C hip, hip bumps with twists L-R
 & 1 Make ¼ turn left stepping left to left side (&), point right toe out to right side (prep body left for a turn to R) (1) 12.00
 2 3 Make ¼ turn right stepping forward right (2), make ½ turn right stepping back left (3), 9.00
 & 4 Make ¼ turn right stepping ball of right to right side (&), cross left over right (4) 12.00
 5 & 6 Touch right to right side as you bump hips up (5), bump hips to left (&) bump hips to right & down (taking weight right) (6) 12.00
 7 8 Strong hip bump to left (7), strong hip bump to right (8) (weight ends right)
Styling: as you bump left twist heels left and take left hand up as if wiping brow – repeat to right 12.00

[25 – 33] L ball cross R, unwind ½ turn L, walk R-L, fwd R, pivot ½ turn L, fwd R, ½ turn R, ¼ turn R
 & 1 2 Step in place on ball of left (&), cross right over left (1), unwind ½ turn left (weight ends left) (2), 6.00
 3 4 5 6 Step forward right (3), step forward left (4), step forward right (5), pivot ½ turn left (6) 12.00
 7 8 1 Step forward right (7), make ½ turn right stepping back left (8), make ¼ turn right stepping right to right side (1) 9.00

[34 – 40] Close L with R kick/swing, R cross-out-out, L-R heel turn with ¼ L, head look, L ball, fwd R, 3/4 pivot L
 2 3 & 4 Step left next to right as you kick/swing right out to right side (2), cross right over left (3), step left to left (&), step right to right (4) 9.00
 & 5 (feet should be shoulder width apart – keep head facing 9.00) Twist left heel in (right) towards right (&), twist right heel out (right) (by the end of these heel twist the position of the feet should be facing the back so you have made a ¼ turn left – with feet) 6.00
 6 & 7 8 Turn head ¼ turn left (body should now be facing 6.00) (6.00), step ball of left in place (&), step forward right (7), pivot ¾ turn left (8) 9.00

[41 - 49] Side R, L sailor, R sailor, L behind, ¼ R, fwd L, ¼ pivot R, L cross
 1 2 & 3 Step right to right side (strong step) (1), cross left behind right (2), step right next to left (&), step left to left side (strong step) (3) 9.00

4 & 5 6 Cross right behind left (4), step left next to right (&), step right to right side (5), cross left behind right (6), 9.00

7 8 & 1 Make ¼ turn right stepping forward right (7), step forward left (8)

(RESTART POINT), pivot ¼ turn right (&), cross left over right (1) 3.00

Restart On the first wall – you will Restart after count 48 (count 8 in this section), you will be facing front to start again. 12.00

[50 – 56] R side, L cross, R side-rock cross, L back, R back with L knee pop, L back with R knee pop

2 3 4 & 5 Step right to right side (2), cross left over right (3), rock right to right side (4), recover weight left (&), cross right over left (5) 3.00

6 7 8 Step back left (6), step back right as you pop left knee forward (7), step back left as you pop right knee forward (8) 3.00

[57 – 64] ¼ turn R with side rock (heel grind style), R behind, L side, R cross, L side, hold, L close, R side, L close

1 2 3 Make ¼ turn right as you rock right to right side (do R heel grind for style) (1), recover weight left (2), cross right behind left (3) 6.00

4 & 5 6 Step left to left side (4), cross right over left (&), step left to left side (5), hold (transfer weight right) (6) 6.00

& 7 8 Step left next to right (&), step right to right side (7), step left next to right (8) 6.00

Contacts:-

Linda: lindamccormack@live.com

Rachael : www.dancewithrachael.com - Rachaeldance@me.com

Tel: +1 407-538-1533 - +44 7968181933
