

Built To Move

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Phrased Low Intermediate
编舞者: Betty Moses (USA) & Jamie Marshall (USA) - April 2014
音乐: Built to Move (Sassy Girl's Anthem) - Cowboy Troy



Intro: 32 counts – Phrasing: A,B,B,A,B,B,A- (first 16),B TO END
(B IS THE CHORUS/INSTRUMENTAL PARTS)

PART A (VERSE)

[1-8] □CROSS TOE STRUT, BACK TOE STRUT, SWAY/SWAY, TRIPLE R

1-2 Touch R toe over L, Drop R heel down
3-4 Touch L toe back, Drop L heel down
5-6 Step R to side swaying hips R, Sway hips L
7&8 Triple to the R (12:00)

[9-16] □CROSS, ¼ L, BACK TRIPLE 1/2 L ROCK, RECOVER, WALK, WALK □

1-2 Cross L over R, Turn ¼ L, stepping R back (9:00)
3&4 Triple half turn L stepping L,R,L (6:00)
5-6 Rock R back, Recover onto L
7-8 Walk forward R,L (with attitude)

[17-24] ¼ Monterey Turn R, ¼ turn HEEL GRIND R, R COASTER

1-2 Point R to R, Turn ¼ R stepping R next to L (9:00)
3-4 Point L to L, Step L next to R
5,6 R heel grind turning ¼ R (12:00)
7&8 Step R back, Step L next to R, Step R forward

[25-32] □JAZZ BOX, JAZZ TRIANGLE

1-4 Cross L over R, Step back R, Step L to L, Brush R forward
5-8 Step R over L, Turn 1/8 L, stepping back on L, Step R to R, Step L next to R

PART B (CHORUS/INSTRUMENTAL)

[1-8] □HIP BUMPS, COUNTER-CLOCKWISE HIP ROLL

1-2 Step R to R as bump hips to R (2x)
3-4 Bump hips to R (2x)
5-8 Counter- clockwise hip rolls (2x)

[9-16] □¼ PIVOT STEPS WITH HIP ROLLS (2x), Cross Rock/Recover, Side Rock/Recover

1-4 Step R to R, Pivot ¼ R, rolling hips counter-clockwise (2x) 6:00
5-6 Rock R over L, Recover on L
7-8 Rock R to side pushing hip out, Recover on L

[17-24] □Cross Back TRIPLE R, Jazz Box ¼ L, Brush

1-2 Cross R over L, Step back on L
3&4 Triple to the R
5-8 Cross L over R, Step back on R turning ¼ L, Step L to side, Brush R forward (3:00)

[25-32] □STEP, HOLD W/ SNAP, PIVOT ½, HOLD (2X)

1-2 Step R forward, Hold w/ Snap
3-4 Pivot ½ L, Stepping L in place
5-6 Step R forward, Hold w/ Snap
7-8 Pivot ½ L, Stepping L in place

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