

Move

拍数: 80 墙数: 4 级数: Phrased Intermediate
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音乐: Move - Little Mix



32 Count Intro

Sequence - A, first 16 of A, B, B, A, A, A, B, B, A, A, C, A, A, A, first 16 counts of A

Part A - 32 counts

Walk forward, tap, walk back, tap, kick & turn

- 1-2 Right foot step forward, left foot step forward
- 3-4 Right foot tap forward, right foot step back
- 5-7 Left foot step back, right foot step back, left foot tap back
- 8 & Left kick turning $\frac{1}{4}$ to the left, step down next to right foot

Tap, kick, step tap, press right, press left

- 1 Right foot taps out to the right
- 2 & 3 Right foot kick and step right foot down next to left foot, left foot tap out to left
- 4 Left foot step next to right foot
- 5-6 Right foot step to the right (partially shifting weight to the right), then right foot steps next to left foot
- 7- 8 Left foot step to the left (partially shifting weight to the left), then left foot steps next to right foot

Step together triple step to each side

- 1-2 Right foot step to right, left foot steps next to right foot
- 3&4 Right foot steps to the right, left foot steps next to right, right foot steps to the right
- 5-6 Left foot steps to the left, right foot steps next to left
- 7&8 Left foot steps to the left, right foot steps next to left, left foot steps to the left

Hitch, step, shift weight to each side

- 1-2 Right knee, right foot steps back at a 45 degree angle, weight shifts to right
- 3-4 Shift weight to left leg, shift weight back to right leg
- 5-6 Left knee, left foot steps back at a 45 degree angle, weight shifts to left
- 7-8 Shift weight to right leg, shift weight back to left leg

Part A – first 16 counts

Part B – 16 Counts (always done twice for a total of 32 counts)

Diagonals to each side

- 1-2 Right foot steps diagonally forward to the right, left leg steps next to right
- 3-4 Right foot steps diagonally forward to the right, left leg steps next to right
- 5-6 Left foot steps diagonally forward to the left, right foot steps next to left
- 7-8 Left foot steps diagonally forward to the left, right foot steps next to left

Body rolls back

- 1-2 Right foot steps diagonally back, body roll as weight shifts to the right
- 3-4 Left foot steps diagonally back, body roll as weight shifts to the left
- 5-6 Right foot steps diagonally back, body roll as weight shifts to the right
- 7-8 Left foot steps diagonally back, body roll as weight shifts to the left

•□Alternative for the body rolls – step touches

Part A 3 times

Part B – twice for a total of 32 counts

Part A – 2 times

Part C – 32 Counts

Kick, step, point to each side, triple step to each side

1&2 Right kick, step down on right, left foot points to the left
3&4 Left kick, step down on left, right foot point to the right
5&6 Right step to the right, left steps next to right, right step to the right
7&8 Left step to the left, right steps next to left, left step to the left

Modified Chasse

1-4 Right foot steps to the right, hold for 3 counts (head nods)
&5 Left foot steps next to the right, right foot steps to the right
6 7 8 Hold for 3 counts (head nods)

Kick, step, point to each side, triple step to each side

1&2 Left kick, step down on left, right foot points to the right
3&4 Right kick, step down on right, left foot point to the left
5&6 Left step to the left, right steps next to left, left step to the left
7&8 Right step to the right, left steps next to right, right step to the right

Modified Chasse

1-4 Left foot steps to the left, hold for 3 counts (head nods)
&5 Right foot steps next to the left, left foot steps to the left
6 7 8 Hold for 3 counts (head nods)

Part A – 3 complete times

Part A – first 16 Counts end with a snap circling the right arm over head & down clockwise

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