

Lips are Movin EZ!

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 4 級數: EZ Beginner
編舞者: Earleen Wolford (USA) - February 2015
音樂: Lips Are Movin - Meghan Trainor



For song 'Lips are movin', 32 count intro, Start dance on the rap Lyrics, about 13 secs in, please contact me for any questions.

Other music: This Ole Boy by Craig Morgan; Turn Down for What by DJ Snake & Lil Jon, all music is on iTunes

WEAVE R TO R, TOUCH R OUT TO R, TOUCH R NEXT TO L, HIP ROLL COUNTER CLOCKWISE

1 - 4 Step R to R (1), Step L slightly behind R (2), Step R to R (3), Step L over R (4)
5, 6 Touch R toe out to R (5), Touch R next to R (6)
7, 8 Two count hip roll: Roll hips counter clockwise with weight ending on R (7, 8) (12:00)
(Alternate move instead of hip roll for 7, 8 - Touch R out to R, step R next to L, end with weight on R)

WEAVE L TO L, TOUCH L OUT TO L, TOUCH L NEXT TO R, HIP ROLL COUNTER CLOCKWISE

1 - 4 Step L to L (1), Step R slightly behind L, (2), Step L to L (3), Step R over L (4)
5, 6 Touch L toe out to L (5), Step L next to L (6)
7, 8 Two count hip roll: Roll hips counter clockwise with weight ending on L (7, 8) (12:00)
(Alternate move instead of hip roll for 7, 8 - Touch L out to L, step L next to R, end with weight on L)

STEP R FORWARD, TOUCH L NEXT TO R, STEP L FORWARD, TOUCH R NEXT TO L, WALK BACK R/L/ R, KICK L, LEANING SLIGHTLY BACK

1, 2 Step R forward (1), Touch L next to R, leaning slightly down as you touch and snap fingers at the same time (2)
3, 4 Step L forward (3), Touch R next to L, leaning slightly down as you touch and snap fingers at the same time (4)
5 - 8 Walk back R, L, R (5, 6, 7), Kick L forward, lean slightly back at the same time you kick your L (8) (12:00)

STEP L DOWN, SCUFF R NEXT TO L, STEP R OUT TO R, STEP L OUT TO L, 2 HIP ROLLS-1/8 TURN L

1 - 4 Step down on L (1), Scuff R next to L (2), Step R out to R (3), Step L out to L (4) (L take weight)
5, 6 Hip roll 1/8 turn left (counter clockwise) (5, 6)
7, 8 Hip roll 1/8 turn left (counter clockwise) (7, 8) (9:00)

Begin again! - No Tags/No Restarts!!

Enjoy my dance & just have FUN dancing it! WE "Gotta Dance"!! And please feel free to use any other music to do my dance, country or non country both work!

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PLEASE DO NOT MODIFY OR CHANGE MY DANCE STEPS IN ANY WAY, PLZ CONTACT ME FOR ANY QUESITONS, THANK YOU!!