

Move It On Over!

拍數: 48 牆數: 4 級數: High Beginner
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音樂: Move It On Over (feat. David Campbell) - Adam Harvey



Section 1: Heel, Hold, Toe, Hold (Boothook) Step, Lock, Step, Scuff X2

- 1-8 Tap R heel, Hold, Tap R toe across L, Hold, Step R forward, Lock L behind R, Step R forward, Scuff L,
1-8 Tap L heel, Hold, Tap L toe across R, Hold, Step L forward, Lock R behind L, Step L forward, Scuff R.

Section 2: Step, Hold, Together, Hold, Ramble X2

- 1-8 Step R to side, Hold, Slide L together, Hold (Weight on both feet) Swing heels right, Toes right, Heels right, Toes right, (Weight on R foot)
1-8 Step L to side, Hold, Slide R together, Hold, (Weight on both feet) Swing heels left, Toes left, Heels left, Toes left. (Weight on L foot)

Section 3: Strut-jazz box, Tap, Scuff, 1/4 turn Strut-jazz box, Tap, Scuff

- 1-8 Cross R toe over L, Step R, Step L toe back, Step L, Step R toe to side, Step R, Tap L toe behind, Scuff L heel forward.
1-8 Cross L toe over R, Step L, Step R toe back, Step R, Turn L toe 1/4 left, Step L, Tap R toe behind, Scuff R heel forward.

* Depending on student level or physical abilities...the Ramble can be changed to one heel swinging back & forth or just hip twists OR Applejacks for more advanced dancers...the Struttin-jazz boxes can be done with Step-holds to slow down the pace

Begin Again! Enjoy!
