

Move Like You Do

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Trevor Thornton (USA) & Jamie Marshall (USA) - June 2016
音樂: Move - Luke Bryan



Bonus: After 5th Rotation, dance last 16 counts (diagonal hops for M-O-V-E lyrics) and Restart

A. KNEE POPS, STEP, ¼ PIVOT, STEP, CROSS, ¼ TURN ROLL DOWN, HITCH, STEP, HITCH

1,2 Step R forward, popping L knee (1), Step L forward, popping R knee
3&4 Step R forward (3), Turn ¼ L, stepping L in place (&), Cross R over L (4) (9:00)
5,6 Turn ¼ L, rocking L forward with downward body roll (5), Recover onto R (6) (6:00)
&7 Step back on L, hitching R knee (7), Step back on R (&)
&8 Step back on L, hitching R knee (8) (6:00)

B. WALK BACK R,L,R COASTER, STEP ¼ R PIVOT, CROSSING TRIPLE

1,2 Walk back R (1), Walk back L (2)
3&4 Step R back (3), Step L next to R (&), Step R forward (4)
5,6 Step L forward (5), Turn ¼ R, stepping R in place (6) (9:00)
7&8 Cross L over R (7), Step R to R (&), Cross L forward (8) (9:00)

C. *DIAGONAL R HOP, TOUCH, BUMP, HOP L, TOUCH, HOP R, TOUCH, SIDE ROCK, ¼ R RECOVER, L TOE STRUT

&1&2 Hop diagonally R on F (&), Touch L next to R (1), Bump Hips L (&), Bump Hips R (2)
&3 Hop diagonally L on L (&), Touch R next to L (3)
&4 Hop diagonally R on R (&), Touch L next to R (4)
5,6 Rock L to L (5), Turn ¼ R, stepping R forward (6) (12:00)
7,8 *□Press L toe forward (7), Take weight onto L heel (8) (12:00)

(*Styling: Add a L hip bump as you press L toe forward)

D. ¼ TURN TRIPLE R, STEP L, STEP R, TOE, HEEL, TOE, (TO CENTER) CCW HIP ROLL

1&2 Turn ¼ R, stepping R forward (1), Step L next to R (&), Step R to R (2) (3:00)
3,4 Stomp L to L (3), Stomp R to R (4)
5&6 Swivel toes in (5), Swivel heels in (&), Swivel toes to center
7,8 *□Roll hips in ccw motion to the L (7,8) (Weight should end on L) (3:00)

(*Hip rolls: Slow or Fast or do hip bumps R,L)

Restart! Hope you enjoy!

Contacts: thejamiemarshall@att.net - trevort17@yahoo.com

Last Update - 20th June 2016