

Can U Move It Like This

COPPER KNOB
BY SHEETS

拍數: 64 牆數: 4 級數: Low Intermediate
編舞者: Kim-Fundazer (MY) - July 2016
音樂: Move It Like This - Baha Men : (Cha Cha Music - Dance House)



Intro: 48 Counts...

S1: FORWARD MAMBO, BACK MAMBO, SIDE MAMBO

1&2 Rock forward Rf, recover weight on Lf, step Rf slightly back
3&4 Rock back on Rf, recover weight on Rf, step Lf slightly forward
5&6 Rock Rf to side, recover weight on Lf, step Rf beside Lf
7&8 Rock Lf to side, recover weight on Rf, step Lf beside Rf (12:00)

S2: CROSS SHUFFLE-SIDE- ROCK RECOVER WITH SHIMMIES X2

1&2 Cross Rf over Lf, step Lf to side, cross Rf over Lf
3-4 Rock Lf to side, recover onto Rf
5&6 Cross Lf over Rf, step Rf to side, cross Lf over Rf
7-8 Rock Rf to side, recover onto Lf (12:00)

S3: FORWARD MAMBO, BACK MAMBO, 1/4 PEDDLE TURNS X2

1&2 Rock forward Rf, recover onto Lf, step Rf slightly back
3&4 Rock back on Rf, recover onto Rf, step Lf slightly forward
5-6 Step forward on ball of Rf, pivot ¼ left with rolling hips (9:00)
7-8 Step forward on ball of Rf, pivot ¼ left with rolling hips (6:00)

(Optional): Arms styling for above counts 5-8: bring both arms above the head, swinging from right to left, making big circles

S4: ROCK FORWARD-RECOVER, FULL TURN TRIPLE STEP, ROCK FORWARD-RECOVER, COASTER STEP

1-2 Rock forward on Rf, recover weight on Lf
3&4 Make a full turn right, stepping on Rf-Lf-Rf
5-6 Rock forward on Lf, recover weight on Rf
7&8 Step back on Rf, step Lf beside Rf, step forward on Rf (6:00)

S5: WEAVE LEFT, CROSS-RECOVER, SIDE SHUFFLE

1-4 Cross Rf over Lf, step Lf to side, step Rf behind Lf, step Lf to side
5-6 Cross Rf over Lf, recover onto Lf
7&8 Shuffle to the side on Rf-Lf-Rf (6:00)

S6: WEAVE RIGHT, 1/4 TURN RIGHT, ROCKING CHAIR

1-4 Cross Lf over Rf, step Rf to side, step Lf behind Rf, ¼ turn right stepping Rf forward (9:00)
5-8 Rock forward on Lf, recover onto Rf, rock back on Lf, recover onto Rf

S7: FORWARD SHUFFLE, ROCK-FORWARD-RECOVER, 1/2 TURN SHUFFLE, PIVOT 1/4 TURN RIGHT

1&2 Shuffle forward on Lf-Rf-Lf
3-4 Rock forward on Rf, recover onto Lf
5&6 Shuffle ½ turn right on Rf-Lf-Rf (3:00)
7-8 Step forward on Lf, pivot ¼ turn right on Rf (6:00)

***Restart here on Wall 3, after 56 counts with step change on counts 7-8

S8: ROCK FORWARD-RECOVER, 1/4 LEFT SHUFFLE TURN, CROSS- SAMBA

1-2 Rock forward on Lf, recover onto Rf
3&4 Shuffle ¼ turn left, stepping on Lf-Rf-LF (3:00)

5&6 Cross Rf over Lf, step lightly on ball of Lf to side, recover onto Rf
7&8 Cross Lf over Rf, step lightly on ball of Rf to side, recover onto Lf

*****Restart: On Wall 3, after 56 counts, with step change on counts 7-8 to**

7&8 Left Mambo..rock to side on Lf, recover onto Rf, step Lf next to Rf

Restart Wall 4 facing 9:00 O'clock

Have fun, enjoy!

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