

# 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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