

Move

拍數: 48 牆數: 4 級數:
編舞者: Julie Mulcahy DiPillo (USA) - December 2016
音樂: Move - Luke Bryan



Dance starts after 16 beats – RIGHT after drum 'roll' with weight on left foot.

#1st 8 count: Vine

1-4 vine to the right
5-8 vine to the left

#2nd 8 count: Heels

1-4 right heel, left heel, double right heel
5-8 left heel, right heel, double left heel

#3rd 8 count: Walk (first time – he should start singing at this point)

1-4 starting w right foot – walk forward 3 steps, end with a left heel
5-8 starting w left foot – walk back 3 steps, end with a right toe

#4th 8 count : Hip bumps

1-4 with right foot, step forward and hip bump right, lean back on your left foot and bump left
5-8 as you quarter turn to your left, step right and hip bump right, then lean back on your left foot and hip bump left

#5th 8 count : Paddle turn and side steps

1-4 with right foot do a full paddle turn counter clockwise BUT on last paddle, instead do a Step - landing with your weight on your right foot
5-8 with left foot, 2 steps to the left.

#6th 8 count : Side steps and hip sways

1-4 with right foot, 2 steps to the right
5-8 sway your hips to the right, left, right and then left (weight ends on your left)

Tag: at the 3rd time Luke sings "M-O-V-E", you should be facing the back wall & doing the "paddle" move. Then continue w/ the 2 steps to the left BUT THEN instead of doing 2 steps to the right,(he will be singing "C_O_M_E") do a complete full turn left, paddling with your right foot.(4 paddles). THEN do the 4 hip sways & you're back to the beginning of the dance.

Dance should end on the 3rd 8 count section - with walking back – after the toe, do a foot stomp.

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