

The Way She Moves

拍數: 64 牆數: 2 級數: Phrased Advanced
編舞者: Gemma Ridyard (UK) - June 2018
音樂: Lie to Me - Mikolas Josef



Sequence – A, B, A, C, A, B, A, C, A*, A, C, C.....

Part A: 32 counts

A1: R Kick Cross, L Side Rock, L Kick Cross, R Side Rock, R Jazz box ½ R, 2X Hop

1&2& Kick RF forward, Cross Over LF, Rock LF to L, replace weight to RF
3&4& Kick LF forward, Cross Over RF, Rock RF to R, replace weight to LF
5 6 7 Cross LF over, make a ¼ turn R stepping RF back, make a ¼ turn R step RF to side
&8 Close LF to RF as you do 2x small jumps travelling R *option close LF to RF* Lift R to head height to hand pumps (6.00)

A2: Step L, R heel to, Step R L heel toe, Kick L, Kick R, ball step, ball step

1&2 Step LF to L Diagonal, R heel twists in, R toe twists in
3&4 Step RF to R Diagonal, L heel twists in, L toe twists in (weight on R)
5&6 Kick L forward, close L to R, Kick R forward
&7&8 Step R small step back, replace weight to L, replace weight to R, replace weight to L (6.00)

Restart here

A3: Out Out, ¼ L back back, Out Out, ¼ L back back, Press R forward, Press L forward

&1&2 Step R forward and out, Step L Forward and out, make a ½ turn L stepping RF back, step L back
&3&4 Step R forward and out, Step L Forward and out, make a ½ turn L stepping RF back, step L back

(*Shake hands high and then low*)

5 6 Press ball of R forward angle upper body to L, close R to L return body to centre
7 8 Press ball of L forward angle upper body to R, close L to R return body to centre (12.00)

A4: Kick close knees out in, kick close knees out in, Jazz box ½ R

1&2& Kick R forward, close R to L, take knees out, close knees (weight on R)
3&4& Kick L forward, close L to R, take knees out, close knees (weight on L)
5678 Cross R over, make a ¼ turn R stepping L back, make a ¼ turn R step R to side, touch L to R (6.00)

Part B (16 counts)

B1: Step L forward arms up, bend knees arms down, rotate hands, arms up, cross arms in front of face, roll hands, paddle ½ L

1&2 Step L forward taking arms up palms to ceiling hands flexed (1), bend both knees taking arms down bent at R angles palms still flexed fingers facing hips (&), rotate hands palms flexed so fingers point away from body (2)
3&4 Tip arms up at right angles palms to ceiling (3) keeping hands flexed palms to ceiling cross R arm behind L (&) roll hands in towards face finishing with hands in front of face palms away from the body (4)
5 6 7 8 Paddle ½ turn L touching R toe to R, finish with R toe touched to L (8) (12.00)

B2: Step R forward arms up, bend knees arms down, rotate hands, arms up, cross arms in front of face, roll hands, paddle ½ R

1&2 Step R forward taking arms up palms to ceiling hands flexed (1), bend both knees taking arms down bent at R angles palms still flexed fingers facing hips (&), rotate hands palms flexed so fingers point away from body (2)

- 3&4 Tip arms up at right angles palms to ceiling (3) keeping hands flexed palms to ceiling cross R arm behind L (&) roll hands in towards face finishing with hands in front of face palms away from the body (4)
- 5 6 7 8 Paddle ½ turn R touching L toe to L, finish with L closed next to R (8) (6.00)

Part C (16 counts)

C1: R Charleston step, Charleston Kick R ½ turn, Charleston Kick L ½ turn

- 1234 Touch R forward, step R back, touch L back, step L forward
- 5&6& Make a ¼ turn L Kick R forward (5) bend R knee bring R into L knee (&) Make a ¼ turn L Kick R Back (6) close R to L (&) (6.00)
- 7&8 Make a ¼ turn L Kick L Back (7) bend L knee bring L into R knee (&) Make a ¼ turn L Kick L forward (8) (12.00)

option to not turn the kicks

C2: &Cross Unwind ¾ L, travelling forward ball step ball step, ¼ R pivot ½ R, close L to R

- &1 2 Step L down (&) Cross R over L, unwind a ¾ turn R weight on R (3.00)
- &3&4 Step L to L, cross R over L, step L to L, cross R over L, (Wax on Wax off hands)
- 5 6 7 8 Make a ¼ turn L step L forward reaching R arm forward at shoulder height (5) slow pivot ½ turn L drawing R arm in towards the body (67) close L to R (6.00)

Restart: *The 5th time you start A you dance the 1st 16 counts and the Restart A from the beginning*

Happy Dancing! - Love Gem XOXO

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