

Make Ya Move

拍數: 64 牆數: 2 級數: Phrased High Intermediate
編舞者: Fiona Murray (IRE) & Roy Hadisubroto (NL) - May 2018
音樂: MOVE TO MIAMI (feat. Pitbull) - Enrique Iglesias



Intro: After 32 counts

Sequences: A, Tag, B, A, Tag, B, A, B, B

[1 – 8] Touch Hitch Together x2, Side Mambo, Out Out, Dip

- 1 & 2 Touch R forward (1), Hitch R (&), Close R next to L (2) 12:00
3 & 4 Touch L forward (3), Hitch L (&), Close L next to R (2) 12:00
5 & 6 Rock R to R side (5), Recover weight onto L (6), Close R next to L 12:00
7 & 8 Step L diagonally forward (7), Step R diagonally forward (&), Bend both knees to dip low 12:00

[9 – 16] ½ Turn L Travelling Pigeon Toes

- 1 - 2 Swivel R toes to L and L heel to L (1), Swivel R heel to L and L toes to L while turning 1/8 Turn L (2) 10:30
3 - 4 Swivel R toes to L and L heel to L (3), Swivel R heel to L and L toes to L while turning 1/8 Turn L (4) 9:00
5 & 6 & Swivel R toes to L and L heel to L (5), Swivel R heel to L and L toes to L while turning 1/16 Turn L (&), Swivel R toes to L and L heel to L (6), Swivel R heel to L and L toes to L while turning 1/16 Turn L (&) 7:30
7 & 8 Swivel R toes to L and L heel to L (7), Swivel R heel to L and L toes to L while turning 1/8 Turn L (&), Swivel R toes to L and L heel to L (8) 6:00

[17 – 24] Dag, Hitch, Step, Push, Step, Sailor Step, Touch, Side, Touch, Chassé

- 1 & 2 Drag R and flick R leg (1), ½ Turn R on L and hitch R knee (&), Step R forward (3) 7:30
3 - 4 Bend R knee while touching L behind R by pushing pelvis forward (3), Step L backwards (4) 7:30
5 & 6 & Cross R behind L (5), Turn ½ L and step L to L side (&), Step R diagonally forward (6), Touch L next to R (&) 6:00
7 & 8 & ½ Turn R step L to L side (7), Touch R to L side (&), Step R to R side (8), Close L next to R (&) 7:30

[25 – 32] Step, Hitch, Side, Hitch, Willie Bounce x2

- 1 - 2 Step R to R side (1), Hitch L knee (2) 7:30
3 - 4 ½ Turn R L to L side (3), Hitch R knee (4) 9:00
& 5 - 6 Touch R back (&), ¼ Turn R stepping down on R (5), Swivel L heel to L side while L knee also twists to R and hip bump L (6) 12:00
7 - 8 Step L to L side (7), Swivel R heel to R side while R knee also twist to L and hip bump R (8) 12:00

Part B

[1 – 8] Step, The Floss

- & 1 - 2 Bring both arms across to R side of body, both arms stretched and hands fisted, (&), Step R to R and Push R hip to R side while swinging both arms to L side of body, R arm behind body and L arm in front of body, both arms are stretched and hands are fisted (1), Push L hip to L side and swing both arms to R side of body, both arms stretched and hands fisted (2) 12:00
3 - 4 Push R hip to R side and swing both arms across to L side of body, both arms stretched and hands fisted (3), Push L hip to L side while swinging both arms to R side of body, L arm behind body and R arm in front of body, both arms are stretched and hands fisted (4) 12:00

5 & 6 & Push R hip to R side and swing both arms to L side of body, both arms stretched and hands fisted (5), Push L hip to L side and swing both arms across to R side of body, both arms stretched and hands fisted (&), Push R hip to R side while swinging both arms to L side of body, R arm behind body and L arm in front of body, both arms are stretched and hands are fisted (6), Push L hip to L side and swing both arms to R side of body, both arms stretched and hands fisted (&) 12:00

7 & 8 Push R hip to R side and swing both arms across to L side of body, both arms stretched and hands fisted (7), Push L hip to L side while swinging both arms to R side of body, L arm behind body and R arm in front of body, both arms are stretched and hands are fisted (&), Push R hip to R side and swing both arms to L side of body, both arms stretched and hands fisted (8) 12:00

[9 – 16] Step, Touch, Cross, Mambo, Jazzbox

1 - 2 1/8 Turn L and Step L forward (1), Touch R to R side (2) 10:30

3 - 4 & Cross R over L (3), 1/8 Turn R rock L to L side (4), Recover onto R (&) 12:00

5 - 6 Cross L over R (5), Step R diagonally backwards (6) 12:00

7 - 8 Step L to L side (7), Cross R over L (8) 12:00

[17 – 24] Side Step, Touch, Shimmy, Step, Touch, Shimmy, Step, Bodyroll, Ball 1/4 Turn L, Step Together

1 - 2 & a Step L to L side (1), Touch R next to L (2), Shoulder Shimmy (2 & a) 12:00

3 - 4 & a Step R forward (1), Touch L next to R (2), Shoulder shimmy (4 & a) 12:00

5 - 6 Touch L back while starting bodyroll (5), Step down on L while finishing bodyroll (6) 12:00

& 7 - 8 Close R next to L (&), 1/4 Turn L Step L to L side while bending both knees (7), Close R next to L (8) 9:00

[25-32] Press Together x2, Rock Step, Ball, 1/4 Turn L Step Together

1 - 2 Press R forward and bring R shoulder forward (1), Close R next to L (2) 9:00

3 - 4 Press L forward and bring L shoulder forward (3), Close L next to R (4) 9:00

5 - 6 Rock R forward (5), Recover onto L (6) 9:00

& 7 - 8 Close R next to L (&), 1/4 Turn L step L to L side (7), Close R next to L (8) 6:00

TAG

T[1 – 8] Hip sit R L R (Arms), Walk Clap, Walk

1 - 2 Lean R and push R hip to R while bringing both hands in front of face, index finger and thumb from both hands are out in front of face, R thumb is touching L index finger and R index finger is touching L thumb, as if looking through a rectangle (1), Hold (2) 12:00

3 - 4 Lean L and push hip to L while bringing both hands on top of the heart (3), Hold (4) 12:00

5 - 6 Lean R and push hip to R while bring R hand to R hip (5), Hold (6) 12:00

7 - 8 Step L diagonally forward while slapping R hand through L hand, forward away from body (1), Step R diagonally forward (8) 12:00

T[9 – 16] Hitch, Slide (Shimmy), MJ Kick, Hold, Walk x2 (Arms), Step Side Together (Arms)

& 1 - 2 Hitch L knee (&), Step L to L side while dragging R towards L and shimmy (1 - 2) 12:00

& 3 - 4 Hitch R knee and swing leg to R (&), Keep R knee hitched and swing leg to L (3), Hold (4) 12:00

5 - 6 1/4 Turn L step R back (5), Step L back (6) 9:00

7 - 8 1/4 Turn R step R to R side (7), Close L next to R (8) 12:00

Arms Roll both arms towards body (5 - 6)

Swing R arm from front to back through to R side of the body (7),

And bring R arm in front of body (forearm facing away from body) and pull down (8)

START AGAIN AND HAVE FUNNNN!

DARE TO BE UNIQUE

