

Moves

拍數: 32 牆數: 4 級數: Beginner
編舞者: Nina Skyrud (NOR) - October 2018
音樂: Moves by Olly Murs, Snoop Dogg



Restarts: Walls 2 and 5 after 16 counts

[1-8] Kick Ball Point x2, Slow Jazzbox

- 1-&-2 Kick right foot forward (1), Step right foot next to left (&), Point left foot to the left side (2).
3-&-4 Kick left foot forward (3), Step left foot next to right (&), Point right foot to the right side (4).
5-6-7-8 Cross right foot over left (5), Step left foot back (6), Step right foot to the right side (7), Cross left foot over right (8).

[9-16] Side-Together x2, Rocking Chair

- 1-2-3-4 Step right foot to the right side (1), Step left foot next right (2), Step right foot to the right side (3), Step left foot next to right (4).

Styling: Bend your knees slightly and lift your arms in level with your chest, palms forward, and contract your back pumping slightly twice when you do the Side-Together steps.

- 5-6-7-8 Rock right foot forward (5), Recover onto left (6), Rock right foot back (7), Recover onto left foot (8).

[17-24] ¼ Turn left, Hip Bumps X2, Hip Rolls X2

- 1-2 Make ¼ Turn left touching right foot to the right diagonal and push right hip forward (1). Step right foot next to left (2). (09:00)
3-4 Touch left foot to the left diagonal and push left hip forward (3), Step left foot next to right (4).
5-6 Step right foot to the right side rolling hips from left to right with a little hip bump at the end of the roll (5-6).
7-8 Step left foot to the left side rolling hips from right to left with a little hip bump at the end of the roll. (weight on left foot) (7-8)

[25-32] Bota Foga X2, ½ Turn, Walk, Walk

- 1 Step right foot diagonally forward across left (1).
a-2 Step left ball to the left side (a), Recover onto right foot (2).
3 Step left foot diagonally forward across right (3).
a-4 Step right ball to the right side (a), Recover onto left foot (4).
5-6 Step right foot forward (5), Make ½ Turn left stepping left foot forward (6). (3:00)
7-8 Walk forward right foot (7), left foot (8).

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