

# 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).

Contact: [ninasky@online.no](mailto:ninasky@online.no)  
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