

Get Some Moves

拍數: 32 牆數: 4 級數: Beginner
編舞者: Amanda Williamson (UK) - November 2019
音樂: Moves - Hot Shade, Mika Zibanejad & Mike Perry : (Album: Moves)



S1: ROCK RECOVER, CROSS SHUFFLE, ROCK RECOVER CROSS SHUFFLE

1-2 Rock right out to right side, recover weight onto left
3&4 Cross right over left, step left to left side, cross right over left
5-6 Rock left out to left side, recover weight onto right
7&8 Cross left over right, step right to right side, cross right over left

S2: SIDE TOGETHER, SHUFFLE FORWARD, SIDE TOGETHER SHUFFLE BACK

1-2 Step right to right side, close left next to right
3&4 Step right forward, close left next to right, step right forward
5-6 Step left to left side, close right left to next
7&8 Step left back, close right next to left, step left back

S3: BACK HITCH, BACK HITCH, COASTER STEP, STEP QUARTER TURN

1-2 Step back on right, hitch left
3-4 Step back on left, hitch right
5&6 Step back on right, step left next to right, step forward on right
7-8 Step forward on left, make quarter turn right stepping right to right side [3.00]

S4: CROSS POINT, CROSS POINT, CROSS, BACK, TOGETHER, HEEL SPLIT

1-2 Cross left over right, point right to right side
3-4 Cross right over left, point left to left side
5-6 Cross left over right, step back on right
7&8 Step left next to right, swivel both heels out, swivel both heels back together

No Tags, No Restarts, no silly nonsense. YAY! Just dance and enjoy!

Last Update - 9 Nov. 2019
