

# Move to the Tempo

拍數: 64      牆數: 2      級數: Beginner  
編舞者: Mark Paulino (USA) - February 2020  
音樂: Tempo (feat. Missy Elliott) - Lizzo



## TOE/PRESS/PUSH X2, ½ PIVOT TURN, SWAY SWAY

1,2      Right foot toe touch forward, right foot press down as you push left foot sliding back  
3,4      Left foot toe touch forward, left foot press down as you push right foot sliding back  
5,6      Right foot steps forward, ½ turn pivot counter clockwise weight shifting onto the left foot  
7,8      Right foot side steps while hips sway right, hips sways left

## SIDE SLIDE, SIDE AND HITCH, SIDE SLIDE, SIDE AND HITCH

1,2      Right foot big side step as left slides until ball touch next to right foot  
3&4&      Left foot side touch, left foot ball touch besides right foot, left hitch forward, left foot ball touch besides right foot  
5,6      Left foot big side step as right slides until ball touch next to left foot  
7&8&      Right foot side touch, right foot ball touch besides left foot, right hitch forward, right foot ball touch besides left foot

## SIDE STEP WITH BOOTY SHAKE, ¼ TURN SIDE STEP WITH BOOTY SHAKE X3

1,2      Right foot side step as you shake your booty  
3,4      ¼ turn counter clockwise with left side step as you shake your booty  
5,6      ¼ turn counter clockwise with right side step as you shake your booty  
7,8      ¼ turn counter clockwise with left side step as you shake your booty

## CROSS ROCK/RECOVER, ¼ TURN SHUFFLE, ½ PIVOT TURN, SHUFFLE FORWARD

1,2      Right foot cross rock over left foot, recover back on left foot  
3&4      Right side step, left foot steps besides right, right foot ¼ turn clockwise step  
5,6      Step forward with left foot, ½ pivot turn weight shifting onto the right foot  
7&8      Left steps forward, right steps besides left foot, left foot steps forward

## STOMP, CLAP, STOMP, CLAP, SKATE x4

1,2      Right foot steps forward in a diagonol towards the right side, right side clap  
3,4      Left foot steps forward in a diagonol towards the left side, left side clap  
5,6      Slide right foot forward and slightly to right side in small curve, slide left foot forward and slightly to left side in small curve  
7,8      Slide right foot forward and slightly to right side in small curve, slide left foot forward and slightly to left side in small curve

(5,6,7,8 progressively gets lower with each skate)

## SIDE ROCK, RECOVER, CROSS TRIPLE STEP, SIDE STEP WITH HIPS SWAYS

1,2      Right foot side rock towards right side, recover back on left foot  
3&4      Right foot crosses over left foot, left foot steps slightly behind right foot, right foot crosses over left foot  
5,6,7,8      As left foot side steps left, hips sway left (5), hips sway right (6), hips sway left (7), hips sways right (8)

## SIDE ROCK, RECOVER, CROSS TRIPLE STEP, SIDE STEP WITH HIPS SWAYS

1,2      Left foot side rock towards left side, recover back on right foot  
3&4      Left foot crosses over right foot, right foot steps slightly behind left foot, left foot crosses over right foot  
5,6,7,8      As right foot side steps right, hips sway right (5), hips sway left (6), hips sways right (7), hips sway left(8)

**¼ TURN STEP/HOLD, ¼ TURN STEP/HOLD, ½ TURN WALK AROUND**

1,2 Right foot ¼ turn step clockwise, hold

3,4 Left foot ¼ turn step clockwise, hold

5,6,7,8 ½ turn walk around clockwise right foot, left foot, right foot, left foot

**RESTART on the 3rd Wall after 40 count (STOMP, CLAP, STOMP, CLAP, SKATE x4)**

**Last Update - 8 Feb. 2020**

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