

Moves

拍數: 64 牆數: 4 級數: Improver
編舞者: Su Ja Choe (KOR) - April 2020
音樂: Moves - Hot Shade, Mika Zibanejad & Mike Perry : (Album: Moves - iTunes & Google Music)



~Intro: 16Count ~No:Tag/Restart

S1. Sailor Step R×L, Step Forward, Turn 1/2 Right Back Stomp L , R, Left Chasse

1&2 Step R to side diagonal, L cross behind R, R diagonal forward
3&4 Step L to side diagonal, R cross behind L, L diagonal forward
5&6 Step R forward, making 1/2 turn right (facing 6:00) Step L Back, Step R in place
7&8 Step Left to Left side, Step Right beside Left, Step Left to Left side.

S2. Tap R×2, Coaster Step, Tap L×2, Coaster Step

1.2 Tap R heel forward x 2
3&4 Step R back , Step L back next to R, Step R forward
5.6 Tap L heel forward x 2
7&8 Step L back , Step R back next to L, Step L forward

S3. Twist R with L hitch, Twist R with L hitch, Side Rock, Recover

1&2 Twist/swivel both heels right, twist/swivel both heels back to Left, Left front diagonal knee hitch
3. Step down on Left weight evenly on both feet
4&5 Twist/swivel both heels right, twist/swivel both heels back to Left, Left front diagonal knee hitch
6. Step down on Left weight evenly on both feet
7.8 Rock R to the side, Recover weight on L

S4. Shuffle forward R×L, back sweep R×L, back Rock, Recover

1&2 Step forward Right, step together with Left, step forward Right
3&4 Step forward Left, step together with Right, step forward Left
5.6 Step back on R sweeping L round to Left, Step back on L sweeping R round to right.
7.8 Rock R back on right, recover L on left(6:00)

S5. Cross Samba × R,L, Jazz Box, Coaster Step

1&2 RF Cross over LF, LF Step side to L, RF Step in place
3&4 LF Cross over RF, RF Step side to R, LF Step in place
5&6 RF Step Cross forward, LF Step back, RF Step to R side,
7&8 1/4 Turn Left Step Back L, Step R next to L, Step forward

S6. Across L Spiral Full Turn, L Chasse, V Step, Pivot ½ turn L

1. Step ball of R across L,
2. Unwind Full Turn left taking weight on L(3:00)
3&4 LF. Step side, RF. Close beside LF, LF. Step side
5&6& Step RF out diagonally fwd, step LF out diagonally fwd, Step RF back in to place, step LF back next to R.
7.8 Step forward R, Pivot ½ turn L(weight onto L)(9:00)

S7. R Side Rock, Behind, Side, Forward R × L

1 2 Rock right on side, Recover on left
3&4 Step right behind left, Step left on side, Step right forward
5.6 Rock left to left side, Recover on right

7&8 Cross L behind R, step R to R side, step forward on L(9:00)

S8.

1. Touch RF on Forward

2. 1/2 Turn L , Step LF fwd with RF flick(3:00)

3&4 RF side rock, LF recover, RF cross over LF

5&6 LF side rock, RF recover, LF cross over RF

7.8 Touch right to left, Kick right diagonally
