

# Better Get Moving

拍數: 32      牆數: 4      級數: Easy Intermediate  
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音樂: Get Ready - Rayelle



## (1 – 8) HITCH BALL STEP, FULL TURN, MAMBO OUT OUT, HEAD, STOMP 2X, STEP OUT

1&2      Hitch RF, Ball RF together with LF, Step LF forward  
3&      Turn ½ L stepping RF back, Turn ½ L stepping LF forward  
4&5      Mambo RF forward, Recover stepping LF out, Step RF out  
6      Turn head to look to the R  
7&      Stomp LF together with RF, Stomp LF together with RF  
8      Step LF to the L

## (9 – 16&) BALL STEP ¼, STEP ½ TURN, BALL CROSS ¼ WITH SNAPS, STEP ¼, STEP ½ TURN, MAMBOSTEP, WEAVE ½ TURN

&1      Cross RF behind LF on ball, Step LF forward making ¼ turn L  
2 – 3      Step RF forward, Turn ½ L finish with weight on LF  
&4      Step RF to R turning ¼ L, Cross LF over RF turning body to L snapping both hands  
5&6      Step RF forward turning ¼ R, Step LF forward, Turn ½ R finishing weight on RF  
7&      Mambo LF forward, Recover  
8&      Step LF back, Turn ½ R stepping RF forward

## (17 – 24) STEP FORWARD, CLAP, HITCH SLAP, TOUCH WITH SNAP, PONY STEP, BALL SWEEP + ARM MOVEMENTS, WEAVE, RUN 3X IN CURVE ¾

1&      Step LF forward, Clap hands together  
2&      Hitch LF slapping both hands on leg, Touch LF next to RF snapping both hands up  
3&      Step LF back making a hitch with RF (pony step), Pushing both hands up, Recover on RF  
4      Step LF slightly back sweeping RF from front to back  
5&6      Cross RF behind LF, Step LF to L, Cross RF over LF  
7&8      Start a ¾ turn curve stepping LF forward, continue curve stepping RF forward, finish curve stepping LF forward

## (25 – 32) HITCH, STEP OUT WITH HIP DIP, TOUCH, TRIPLE STEP, HEEL GRIND, STEP DIAGONAL, CROSS, BACK ¼ TURN, STEP OUT WITH DRAG

&1 – 2      Hitch RF, Step RF to R dipping hips to R, Touch LF to L  
3&4      Step LF to L, Step RF together with LF, Step LF to L  
5&6      Dig heel of RF crossed over LF, Recover, Step RF in back diagonal turning 1/8 to R  
7&      Cross LF over RF, Step RF back turning 1/8 L  
8      Turn ¼ L stepping LF to L and dragging RF towards LF