

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