

Move

拍數: 64 牆數: 2 級數: Advanced
編舞者: Hiroko Carlsson (AUS) - October 2020
音樂: Move - The Mamas : (iTunes)



(Intro: 4 counts/Dance starts on lyrics)

[S1] Side Rock-Together, Syncopated Rocking Chair, Side Rock-Together, 1/4R Shuffle Fwd

1 2& Rock R to the side, Recover weight on L, Step R together
3&4& Rock forward on L, Recover weight on R, Rock back on L, Recover weight on R
5 6& Rock L to the side, Recover weight on R, Step L together
7&8 Make a ¼ turn right stepping forward on R, Step L next to R, Step forward on R (3:00)

[S2] Step-Pivot 1/4R, Diagonal Fwd-Together-Fwd-Together, 1/4R-Together, Fwd, Step-Pivot 3/4L-Side

1 2 Step forward on L, Make a ½ turn right recover weight on R (9:00)
&3&4 Step/hop diagonally forward on L, Step R together, Step/hop diagonally forward on L, Step R together (moving towards 7:30 / facing 9:00 o'clock)
&5 Step/hop diagonally forward on L and making a ¼ turn right, Step R together (12:00)
6 7 Step forward on L, Step forward on R
&8 Make a ¾ turn left recover weight on L, Step R to the side (3:00)

[S3] Sailor Step, Behind Rock-Point, Sailor Step, Sailor 1/4L Fwd

1&2 Cross L behind R, Step R to the side, Step L to the side
3&4 Rock R behind L, Recover weight on L, Point R to the side
5&6 Cross R behind L, Step L to the side, Step R to the side
7&8 Cross L behind R making a ¼ turn left, Step R beside L, Step forward on L (12:00)

[S4] Step-Pivot 1/2L, Shuffle Fwd, Full Turn R, Shuffle Fwd

1 2 Step forward on R, Make a ½ turn left recover weight on L (6:00)
3&4 Shuffle forward R-L-R
5 6 Make a ½ turn right stepping back on L, Make a ½ turn right stepping forward on R
7&8 Shuffle forward L-R-L***

[S5] Rock Behind-Recover-Back-Rock Behind-Recover-Back, Run Back, Rock Behind-Recover-Back-Rock Behind-Recover-Back, Rock Back

1&2 Rock R behind L, Recover weight on L, Step back on R
&3& Rock L behind R, Recover weight on R, Step back on L
4& Run back R-L
5&6 Rock R behind L, Recover weight on L, Step back on R
&7& Rock L behind R, Recover weight on R, Step back on L
8& Rock back on R, Recover weight on L (6:00)

[S6] Step-1/4L Pivot, 1/2L-1/4L Side, 2x Hip-Hip-Hip

1 2 Step forward on R, Make a ¼ turn left recover weight on L (3:00)
3 4 Make a ½ turn left stepping back on R, Make a ¼ turn left stepping L to the side (6:00)
5&6 Hip bump to the right, Hip bump to the left, Hip bump to the right
7&8 Hip bump to the left, Hip bump to the right, Hip bump to the left**

[S7] 1/4R Samba, Cross Rock-Side-Rock, Cross Samba, 1/4R Samba

1&2 Step forward on R, Make a ¼ turn right stepping L to the side, Recover weight on R (9:00)
3&4& Rock L across R, Recover weight on R, Rock L to the side, Recover weight on R
5&6 Cross L over R, Step R to the side, Recover weight on L

7&8 Step forward on R, Make a ¼ turn right stepping L to the side, Recover weight on R (12:00)

[S8] Out-Out, Heel Toe Swivel In, Split, Heel Toe Swivel In, Split, Ball 1/4L-Cross, Side w/ Shoulder Swivel, Behind-1/4R-Fwd

&1 Step out left, Step out right (weight on both feet)

&2& Swivel both heels in, Swivel both toes in, Split both feet shoulder length apart

3&4 Swivel both heels in, Swivel both toes in, Split both feet shoulder length apart

&5 Make a ¼ turn left stepping R in place, Cross L over R (9:00)

6 Step R to the side (optional: swivel your right shoulder in-out)

7&8 Step L behind R, Make a ¼ turn right stepping forward on R, Step forward on L (12:00)

***1st Restart on Wall 1 count 48** (6:00)**

Tag(4 count-Rocking Chair): End of Wall 2 (6:00) - Rock forward on R (1), Recover weight on L (2), Rock back on R (3), Recover weight on L (4)

****2nd Restart on Wall 3 count 32*** (12:00)**

The last wall: dance up to Section 5 count 4& then make a ½ turn right to the front.

**Please feel free to contact me if you need any further information. (hirokoinedancing@gmail.com)
(updated: 1/Oct/20)**
