

Move to the Music

拍數: 32 牆數: 4 級數: Improver
編舞者: Adam Åstmar (SWE) & Malene Jakobsen (DK) - May 2021
音樂: Move to the Music (feat. Oryane) - Busy Signal : (iTunes)



Intro: 16 counts from the very beginning 8 sec. into track - dance begins with weight on R

Tag: On wall 7 after 16 counts (you'll be facing 12.00) there's a 32 count tag

Note: Arm movements are optional

[1-8] V step, shuffle diagonally L, shuffle diagonally R

- 1-2 (1) Step diagonally out on L and push both arms up to L, (2) step diagonally out on R and push both arms up to R 12.00
- 3-4 (4) Step in on L and push arms down to L, (4) step R next to L and push arms down to R 12.00
- 5&6 (5) Step diagonally fwd. on L, (&) step R next to L, (6) step diagonally fwd. on L - roll hands while doing the shuffle 12.00
- 7&8 (7) Step diagonally fwd. on R, (&) step L next to R, (8) step diagonally fwd. on R - roll hands while doing the shuffle 12.00

[9-16] Cross, back, chasse, fwd. rock, shuffle 1/2

- 1-2 (1) Cross L over R, (2) step back on R 12.00
- 3&4 (3) Step L to L, (&) step R next to L, (4) step L to L 12.00
- 5-6 (5) Rock fwd. on R, (6) recover onto L 12.00
- 7&8 (7) Turn 1/2 R stepping fwd. on R, (&) step L next to R, (8) Step fwd. on R 6.00

NOTE: On wall 7 (starts facing 6.00), this is where the tag happens - you'll be facing 12.00

[17-24] Hips bumps, behind, side cross, hip bumps, behind, 1/4, step

- 1-2 (1) Point L to L and bump L hip, (2) bump L hip 6.00
- 3&4 (3) Cross L behind R, (&) step R to R, (4) cross L over R 6.00
- 5-6 (5) Point R to R and bump R hip, (6) bump R hip 6.00
- 7&8 (7) Cross R behind R, (&) turn 1/4 L stepping fwd. on L (8) step fwd. on R 3.00

[25-32] Jump fwd., jump back, shuffle fwd., jump, touch, back, coaster step

- &1 (&1) Jump fwd. L, R 3.00
- &2 (&2) Jump back, L, R 3.00
- 3&4 (3) Step fwd. on L, (&) step R next to L, (4) step fwd. on L 3.00
- &5-6 (&) Jump fwd. on R, (5) touch L toes behind R, (6) step back on L 3.00
- 7&8 (7) Step back on R, (&) step L next to R, (8) step fwd. on R 3.00

TAG: Footwork Facing

[1-8] Vine L, touch, vine R, close 12.00

- 1-2-3-4 (1) Step L to L, (2) cross R behind L, (3) step L to L, (4) touch R next to L 12.00
- 5-6-7-8 (5) Step R to R, (6) cross R behind L, (7) step R to R, (8) step L next to R (feet slightly apart)

[9-16] Twist L, twist R

- 1-2-3-4 (1) Twist both heels L, (2) twist both toes L, (3) twist both heels L, (4) twist both toes L 12.00
- 5-6-7-8 (15 Twist both toes R, (6) twist both heels R, (7) twist both toes R, (8) twist both heels R (weight has to be on R after the last twist) 12.00

[17-24] Vine L, touch, vine R, touch

- 1-2-3-4 (1) Step L to L, (2) cross R behind L, (3) step L to L, (4) touch R next to L 12.00
- 5-6-7-8 (5) Step R to R, (6) cross R behind L, (7) step R to R, (8) touch L next to R 12.00

[25-32] Side, cross, side, touch, side, together, side, touch

1-2-3-4 (1) Step L to L, (2) cross R over L, (3) step L to L, (4) touch R next to L 12.00

5-6-7-8 (5) Step R to R, (6) step L next to R, (7) step R to R, (8) touch L next to R 12.00

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