

That's The Motto

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Katja Sørensen (DK) - January 2022
音樂: The Motto - Tiësto & Ava Max : (iTunes)



**Intro: 8 counts from the first beat in music,
Note: 1 tag on wall 5 after 16 counts, facing 9:00 o'clock**

[1 - 8] Rock Forward, Shuffle Back, Back Rock, Shuffle Forward 12:00

1,2 Step forward on R (1), recover back on L (2), 12:00
3&4 Step back on R (3), Step L together (&), Step back on R (4)
5,6 Step back on L (5), recover back on R (6), 12:00
7&8 Step forward on L (7), Step R together (&), Step forward on L (8)

[9 - 16] Side Rock, Weave left, Side Rock, Coaster ¼ left 12:00

1,2 Rock R to Right side (1), Recover on to L (2) 12:00
3&4 Cross R Behind L (3), Step L to Left side (&), Cross R over L (4) 12:00
5,6 Side Rock L to Left side (5), Recover on to R (6) 12:00
7&8 Step R Back making ¼ turn left (7), close L foot next to R (&), step R foot forward (8) 9:00

[17 - 24] Hip roll Hip Step forward, Right and Left 9:00

1,2,3,4 Step R forward on the Right diagonal, starting a hip roll swinging the R hip Clockwise (1),
Recover back on to L (2), Step R forward (3), Touch L to left foot (4) 9:00
5,6,7,8 Step L forward on the Left diagonal, starting a hip roll swinging the L hip Anti Clockwise (5),
Recover back on to R (6), Step L forward (7), Touch R next to left foot (8) 9:00

[25 - 32] Jazz Boks ¼ Right x 2 9:00

1,2,3,4 Cross R in front of L (1), Turn ¼ R stepping back on L (2), Step R to R side (3), Step fwd on L
12:00
5,6,7,8 Cross R in front of L, Turn ¼ R stepping back on L, Step R to R side, Step fwd on L 3:00

RESTART: During the 5th sequence (facing 12:00) after count 16, restart the dance after you make a coaster ¼ Left to facing 9:00 o'clock 9:00

BEGIN AGAIN and ENJOY

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