

Move It

拍數: 64 牆數: 4 級數: High Improver
編舞者: Syafri's Fitri (INA) - March 2022
音樂: Move It - Cynthia Lamusu



START : After Intro 32 C

RESTARTS:-

On Wall 2 after 48 C

On Wall 3 after 48

SI. SUGAR PUSH - TRIPLE STEP FWD - SIDE MAMBO R/L

&1 2 Push R ball next to LF, step LF forward, step RF forward
3&4 Step LF forward , Close RF next to LF, step LF in place
5&6 Rock RF to R, Recover onto LF, Close RF next to LF
7&8 Rock LF to L, Recover onto RF, Touch Close LF next to RF

S2. DIAGONAL FWD - LOCK BEHIND - LOCK SHUFFLE DIAGONAL FWD (R/L)

1 2 Step RF diagonal fwd, Lock LF behind RF
3&4 Step RF diagonal fwd, Lock LF behind RF, step RF forward
5 6 Step LF diagonal fwd, Lock RF behind LF
7&8 Step LF diagonal fwd, Lock RF behind LF, step LF forward

S3. VAUDEVILLE R/L

1 2& Step RF slightly to R, Cross LF behind RF Close R toe next to LF
3&4 Step L heel diagonal forward, Close LF next to RF, Cross RF over LF
5 6& Step LF slightly to L, Cross RF behind LF, Close L toe next to RF
7&8 Step R heel diagonal forward, Close RF next to LF, Cross LF over RF

S4. SIDE - TOGETHER - SACHEE -SIDE TOUCH - CLOSE- SIDE TOUCH - SAILOR TURN 1/4

1 2 Step RF to R, Close LF next to RF
3&4 Step RF to R, Close LF next to RF, step RF to R
5&6 Touch LF to L, Touch Close LF next to RF, touch LF to L
7&8 Turn 1/4 L sweep LF behind RF, step RF to R, step LF to L

S5. GRAPEVINE - SIDE TOUCH - CLAP -ROLLING 3/4 - TOUCH

1 2 Step RF to R, Cross LF behind RF
3 4 Step RF to R, Touch LF to L (with Clap Your Hand)
5 6 Turn 1/4 L stepping LF fwd, Turn 1/4 L stepping RF fwd,
7 8 Turn 1/4 L stepping LF to L, Close RF next to LF

S6. KNEE POP 2x - INPLACE - MOVE BOTH SHOULDER RLR - (SIDE - FLICK) 2 X

1 2 Pop both knees forward 2x (Optional...for Improver 1x)
3&4 Move both shoulder on front to back R,L,R
5 6 Step RF to R, Flick LF back
7 8 Step LF to L, Flick RF back

Here Restart on Wall 2 & 3

S7. OUT OUT - IN IN - (PIVOT TURN 1/4) 2X

1 2 Step RF diagonal fwd, step LF diagonal fwd
3 4 Step RF back to centre, close LF next to RF
5 6 Step RF fwd, Turn 1/4 L weight on LF
7 8 Step RF fwd, Turn 1/4 L weight on LF

S8. SACHEE - TURN 1/4 SACHEE (L R L)

- 1&2 Step RF to R, Close LF next to RF, step RF to R
- 3&4 Turn 1/4R stepping LF to L, Close RF next to LF, step LF to L
- 5&6 Turn 1/4 R stepping RF to R, Close LF next to RF, step RF to R
- 7&8 Turn 1/4 R stepping LF to L, Close RF next to LF, step LF to L

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