

# Shake and Move EZ

COPPER KNOB  
STEPPERS

拍數: 32      牆數: 4      級數: High Beginner  
編舞者: Pita Loppies (INA) - March 2022  
音樂: Move it (edited) - Cynthia Lamusu



Intro : 4 x 8 ( start at Vocal )

Tag after wall 3 ( facing 9 o'clock )

Restart on Wall 6 ( facing 3 o'clock ) , After 16 count

**Section 1 : Rock Recover , Step lock step, Pivot , Forward, 1/4 turn Right , 1/4 Turn Left**

1 - 2            Rock R Fwd ,Recover on L  
3 & 4           Step R fwd , Lock L behind , Step R Fwd  
5 - 6           Step L fwd , 1/2 turn to R ( bw on R )  
& 7- 8           Step L fwd , 1/4 turn R cross R over ( with Bend Knees ) , 1/4 turn Left step L fwd

**Section 2 : Section 2 : Rock Recover , step lock step , pivot , 1/4 Turn Left, Drag**

1 - 2            Rock R fwd , recover on L  
3 & 4           Step R fwd , Lock L behind , Step R Fwd  
5 - 6           Step L fwd , 1/2 turn to R ( bw on R )  
7 - 8           1/4 turn R Step L side , Drag R in

**Section 3 : Cross ,Touch, Behind ,Side, Cross, Rock ,Recover ,Back, Touch**

1 - 2            Cross R over , touch L side  
3&4            Step L behind , step R side , Cross L over ( body angle 4:30 )  
5 - 6           Rock R Fwd , Recover On L  
7 - 8           Step R back , touch L toe side

**Section 4 : Touch ,Touch , Botafogo, Jazz Box**

1 - 2            Touch L toe fwd , Touch L toe Side  
3 & 4           Cross L over , 1/8 turn Left rock R side , recover on L  
5 - 6           Cross R over , step L back  
7 - 8           Step R side , Step L fwd recover

**Tag : 16 count**

**Step Forward Kick , Step Back Touch ,**

1 - 4            Step R Fwd , Step L Fwd , Step R Fwd , kick L fwd  
5 - 8            Step L back, Step R back , Step L back , RF touch beside L

**Grapevine Touch, Rolling vine**

1 - 4            Step R side ,Step L behind, Step R side, Touch L next to R  
5 - 8            1/4 Turn L BW on L, 1/2 Turn L step R back, 1/4 Turn L Step L side

**Last Update - 16 Mar 2022**