Move With Me

COPPER KNOB

拍數: 32

牆數:4

級數: Improver

編舞者: Michelle Wright (USA) - November 2022

音樂: Move with Me - Mad Circuit, LG (TEAM GENIUS) & Sereda



Choreographed especially for New York state of line weekend guest instructor lessons. Thank you Rosie Multari for inviting me to teach!

Dance starts 32 counts in

Restarts on walls 4 and 10 after 16 Counts

Section 1: R&L Dorothy steps, R&L toe switches, R forward touch, R hip bump

1,2&	Step R to R diagonal, Step L behind R, Step R to R side
3,4&	Step L to L diagonal, Step R behind L, Step L to L side
5&6&	Touch R to R side, Step R next to L, Touch L to L side, Step L next to R
7&8	Touch R forward, Bump R hip forward, Recover back on L

Section 2: Rock recover, ¼ R step, Crossing shuffle, R&L side body rolls or hip rolls

- 1,2& Step R forward, Recover on L, ¼ turn R stepping R to R side (3:00)
- 3&4 Cross L over R, step R to R side, Cross L over R
- 5,6 Step R to R side as you roll your body to the R or roll hips counter clockwise from L to R, Touch L to L diagonal
- 7,8 Step L to L side as you roll your body L or roll hips clockwise from R to L, Touch R to R diagonal

Optional styling on walls 3, 7 and 11 for 5-8: music says take a ride. Put R hand forward and rotate it L and R like you are driving with side body roll instead of hip rolls. Restart here on wall 4 and 10

Section 3: Weave, Hold, Ball cross. 1/2 heel bounce turn, Coaster Step

- 1&2 Cross R behind L, Step L to L side, Cross R over L with slightly bent knees
- 3&4 Hold, Step L to L side, Cross R over L with slightly bent knees
- 5,6 ¹/₄ turn L bouncing both knees up lifting heels, ¹/₄ turn bouncing both knees up lifting heels (9:00)
- 7&8 Step L back, Step R next to L, Step L forward

Section 4: Kick, Ball side w/ body roll, Ball side w body roll, L and R hip bump, Counterclockwise hip roll, R flick

- 1&2 Kick R forward, Step R next to L, Step L to L side as you roll your body to the L side (can leave out roll)
- 3&4 Hold as you finish the side body roll, Step R next to L, Step L to L side
- 5,6 Bump Hips L, Bump hips R
- 7,8 Roll Hips Counterclockwise, Flick R foot back as you put weight on L
- (Body rolls can be replaced with holds)

End of dance!

Any questions about dance or step changes for different levels please email Michellelinedance@gmail.com

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