

Motions

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Nigel Mooney (NZ) - March 2023
音樂: motions - Mitch James



S1: Step, Mambo, ½, Step, ¾, Step side, Behind, Sweep, ½ Sailor

1-2& Step R fwd (1) Step L fwd (2) Recover back R (&
3-4 Step L back (3) ½ turn R, stepping R fwd (4)
5&6 Step L fwd (5) ¾ turn pivot R (&) Stepping L to L side (6)
7-8& Step R behind L, sweeping L from front to back (7) Cross L behind R (8) Close R beside L (&)

S2: Walk x 3, Step, ½ turn, Rock fwd, Recover, Ball, ¾ turn R, Step side, Behind, ¼, Step fwd

1-2 ¼ turn L (1:30), stepping L fwd (1) Step R fwd (2),
3-4& Step L fwd (3) Step R fwd (4) ½ turn L on ball of R foot (7:30), closing L beside R (&
5-6& Step R fwd (5) Recover back on L (6) Close R beside L making ¾ turn R (12:00) (&
7-8& Step L to L side (7) Cross R behind L (8) ¼ turn L, stepping fwd L (&)

S3: Step, ¾, Side rock, Recover, Cross, Ball jack, ¼ point, Rock & point, ¼ point

1-2 Step R fwd, making ¾ turn L on R foot (1) Step L to L side (2)
3-4& Recover weight to R (3) Cross L over R (4) Step back 45° on R (&
5&6 Tap L heel 45° (5) Replace weight on L, making ¼ turn L (&) Point R toe to R side (6)
&7&8 Transfer weight to R side (&) Point L toe to L side (7) Transfer weight to L, making ¼ turn L (&) Point R toe to R side (8)

S4: Cross samba, Cross samba, Rock, Recover, Behind, Side, Push step, Close

1&2 Cross R over L (1) Step L to L side (&) Recover weight on R (2)
3&4 Cross L over R (3) Step R to R side (&) Recover weight on L (4)
5-6 Cross R over L keeping feet close together & thighs connected (5) Spring back off of R foot onto L, sweeping R from front to back (6)
7&8& Cross R behind L (7) Step L to L side (&) Push of L, stepping R to R side (8) Close L beside R (&)

*At the end of walls 1, 3, & 4, add the following 16 count tag

*Tag

S4: Walk fwd x 2, Side shuffle, Walk back x 2, Side Shuffle

1-2 Step R fwd (1) Step L fwd (2)
3&4 Step R to R side (3) Close L beside R (&) Step R to R side (4)
5-6 Step L back (5) Step R back (6)
7-8 Step L to L side (7) Close R beside L (&) Step L to L side (8)

S4: Cross rock, Recover, Cross rock, Recover, Step ½ pivot, ½ close.

1-2& Cross R over L (1) Recover back on L (2) Close R beside L (&
3-4& Cross L over R (3) Recover back on R (4) Close L beside R (&
5-6 Step R fwd (5) ½ pivot L (6)
7-8 Step R fwd (7) ½ turn L closing L beside R (8)

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