

Just Move Baby

拍數: 112 牆數: 1 級數: Phrased High Intermediate
編舞者: Roy Verdonk (NL) & Danielle MODICA (FR) - May 2023
音樂: move - brb.



Introduction 16 counts

Sequences : A – B – C – A – B – C – A (16)

Part A (48)

[1-8] CROSS SAMBA, SAMBA DIAMOND WITH ½ TURN, CROSS SHUFFLE

1&2 Cross R over L (1), Side Rock L (&), Recover weight on your R (2) 12:00
3&4 Cross L over R (3), Step RF side (&), 1/8 LF back (4) 12:00/10:30
&5&6 Hitch RF (&), Step RF back (5), 1/8 Step LF Side (&), ¼ T to the L Step RF Side (6)
10:30/9:00
7&8 Cross L over R (7), Step RF side (&), Cross L over R (8) 9:00/6:00

[9-16] WHISK R/L, STEP R ¼ TURN, STEP R ¼ TURN WITH FLICK

1a2 Step RF Side (1), Rock step LF back (a), Recover on RF (2) 6:00
3a4 Step LF Side (3), Rock step RF back L (a), Recover on LF (4)
5-6 Step RF forward (5), ¼ T to the L with hip roll (6), 6:00/3:00
7-8 Step RF forward (7), ¼ T to the L with flick R (8) 3:00/12:00

[17-24] CROSS POINT, CROSS SHUFFLE, ½ TURN CROSS SHUFFLE 2X

1-2 Cross R over L (1), Point L to the side (2) 12:00
3&4 Cross L over R (3), Step RF Side (&), Cross L over R (4)
5&6 ½ Turn to the R with cross RF over L (5), Step LF side (&), Cross RF over L (6) 6:00
7&8 ½ Turn to the L with cross LF over R (7), Step RF side (&), Cross LF over R (8) 12:00

[25-32] SIDE ROCK WITH HEEL L, STEP LOCK STEP, ROCK SIDE, FULL TURN R

1-2 Step RF to the R side, lift L toe up (1), Recover on L (2) (body facing left diagonal)
3&4 Step RF to the L diagonal (3), Lock LF (&), Step RF to the diagonal (4) 10:30
5-6 1/8 Turn R Side LF (5), Recover with ¼ Turn R (6), 12:00/3:00
7-8 ½ Turn to the R with LF back (7), ¼ Turn to the R with RF Side (8) 9:00/12:00

[33-40] CROSS L, BACK R, ¼ TURN L, CHASSE L, JAZZ BOX, CHASSE R

1-2 Cross L (1), back R (2) 12:00
3&4 ¼ Turn to the L with LF Side (3), Bring RF next LF (&), LF to the Side (4) 9:00
5-6 Cross RF over L (5), Step LF Back (6)
7&8 Step RF Side (7), Bring LF next RF (&), Step RF to the Side (8)

[41-48] SKATE L/R, TRIPLE L, ¼ TURN SKATE R/L, TRIPLE R

1-2 Skate L (1), Skate R (2) 9:00
3&4 Step LF to the Diagonal L (3), Bring RF next LF (&), Step LF to the Diagonal L (4)
5-6 ¼ Turn to the R with Skate R (5), Skate L (6) 12:00
7&8 Step RF to the Diagonal R (7), Bring LF next R (&), Step RF to the Diagonal R (8)

Part B (32)

[1-8] CROSS, SIDE, SAILOR STEP, CROSS, FULL TURN R

1-2 Cross LF over R (1), Step RF to R side (2) 12:00
3&4 Step LF behind RF (3), RF next LF (&), Step LF side (4)
5-6 Cross RF over L (5), ¼ turn to R with LF backward (6) 12:00/3:00
7-8 ½ turn to R with RF forward (7), ¼ turn to R with LF to L side (8) 9:00/12:00

[9-16] SYNCOPATED ROCKING CHAIR R/L

- 1&2& Rock back RF (1), Recover on LF (&), Rock forward RF (2), Recover on LF (&)
3&4 Rock back RF (3), Recover on LF (&), Step RF to R side (4)
5&6& Rock back LF (5), Recover on RF (&), Rock forward LF (6), Recover on RF (&)
7&8 Rock back LF (7), Recover on RF (&), Step LF to L side (8)

[17-24] CROSS, SIDE, SAILOR STEP, CROSS, FULL TURN L

- 1-2 Cross RF over L (1), Step LF to L side (2) 12:00
3&4 Step RF behind LF (3), LF next RF (&), Step RF forward (4)
5-6 1/8 turn to L with Cross LF over R (5), ¼ turn to L with RF backward (6) 12:00/9:00
7-8 ½ turn to L with LF forward (7), ¼ turn to L with RF to R side (8) 3:00/12:00

[25-32] SYNCOPATED ROCKING CHAIR L, JAZZBOX, TOGETHER

- 1&2& Rock back LF (1), Recover on RF (&), Rock forward LF (2), Recover on RF (&)
3&4 Rock back LF (3), Recover on RF (&), Step LF to L side (4)
5-6 Cross RF over L (5), Step LF backward (6)
7-8& Step RF side L (7), Step LF forward (8), Step RF next L (&)

Part C (32)**[1-8] BALL FLICK R, STEP R, MAMBO L FW, MAMBO R BACK, CHASSE WITH ¼ TURN L**

- 1-2 Step LF slightly forward on with flick RF back (1), Step RF forward (2) 12:00
3&4 Rock step LF forward (3), Recover on RF (&), Step LF together (4)
5&6 Rock step RF backward (5), Recover on LF (&), Step RF together (6)
7&8 Make 1/8 turn to the L with LF forward (7), RF next LF (&), ½ turn to the left Step LF forward (8) 12:00/9:00

[9-16] CROSS SAMBA R/L, R VUELTA FULL TURN

- 1&2 Cross RF over L (1), Side Rock LF (&), Recover on RF (2)
3&4 Cross LF over R (3), Side Rock RF (&), Recover on LF (4)
5&6& Make ¼ turn R step RF forward (5), Lock step LF behind (&), ¼ turn R step RF forward (6), Lock step LF behind (&) 12:00/3:00
7&8 ¼ turn R step RF forward (7), Lock step LF behind (&), ¼ turn R step RF forward (8) 6:00/9:00

[17-24] SIDE L HEEL R, SYNCOPATED ROCK BACK R, SIDE R HEEL L, SYNCOPATED ROCK BACK L, ¼ TURN WALK L/R, ½ TURN TRIPLE L

- 1-2& Step LF to L side, heel R (1), Rock step RF behind L (2), Recover on LF (&) 9:00
3-4& Step RF to R side, heel L (3), Rock step LF behind R (4), Recover on RF (&) 9:00
5-6 Make ¼ turn L step LF forward (5), Step RF forward (6) 6:00
7&8 Make 1/8 turn L step LF forward (7), RF next LF (&), 1/8 turn L step LF forward (8) 3:00/12:00

[25-32] HIP ROLL, CROSS R, POINT L, CROSS L, POINT R

- 1-2 Step RF to R side by rolling your hips to R (1), Roll your hips to L (2)
3-4 Roll your hips to R (3), Roll your hips to L (4)
5-6 Cross RF over L (5), Point LF to L side (6)
7-8 Cross LF over R (7), Point RF to R side (8)

Enjoy ☐

Source : This file is the original. If you have any questions, don't hesitate to contact us :
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