

Repetition

拍數: 48 牆數: 4 級數: Beginner
編舞者: Rex Allott (UK) - April 2024
音樂: Get a Move On! - Mr. Scruff



Intro - 24 beats

Danced to - Get A Move On ! (short version - preferably □) by Mr. Scruff feat. Sneaky

S1. Modified cross rumba box R

1-3. Cross L over R, pause, step R fwd
4-6. Step L next to R, step R back, step L next to R

S2. Modified cross rumba box L

1-3. Cross R over L, pause, step L fwd
4-6. Step R next to L, step L back, step R next to L

S3. 1/4 cross turn R, step L out L, 1/4 cross turn L

1-3& Turning 1/4 R, step L over R, step R down, step L out L, return next to R
4-6. Turning 1/4 L, step R over L, step L down, step R next to L

S4. 1/4 cross turn L, step R out R, kick R fwd x 2

1-3.& Turning 1/4 L, step R over L, step L down, step R out R, return next to L
4-6. Kick R out fwd x 2, step R next to L

S5. R, L toe struts, R coaster step

1-3&. R toe strut, L toe strut
4-6. Step back on R, fwd on L, step R next to L

S6. L, R toe struts, L coaster step

1-3&. L toe strut, R toe strut
4-6. Step back on L, fwd on R, step L next to R

S7. Slow prissy steps R, L, 1/2 walking turn R

1-3&. Cross R over L, pause, L over R, pause
4-6. Turning 1/4 R, step R fwd, turning 1/4 R, step L, R

S8. R lock step fwd, L mambo step

1-3. Step R fwd, lock L behind R, step R fwd
4-6. Step fwd on L, back on R, step L next to R

Love this groove, but at 7+ minutes it was just too long for a dance. Recently discovered a short version at just over 3 minutes - bingo !

Replace 1/2 cross turn R in final S7. with R mambo step to finish short version facing fwd.

Beware; once this gets in your head it's hard to get it out.