

More

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Mark Paulino (USA), Jeff James (USA) & Patti Pisoni Brione (USA) - April 2024
音樂: More (RedOne Jimmy Joker Remix) - Usher



Intro: 32 counts

****The dance begins with the last 4.5 counts of the dance – See Sec. 4 counts &5-8

Sec. 1: Rock back R, Recover L, R Side Rock and Cross traveling forward, L Side Rock and Cross traveling forward, ¼ Turn L Stepping back R, ½ Turn L Stepping forward L

- 1-2 Rock back on R (1) Recover weight on L (2) * For styling, cross arms stretched out in front of you on count one and pull back on count two.
- 3&4 Rock R out to R (3) Recover weight on L (&) Cross R over L (4) *Traveling forward 5&6 Rock L out to L (5) Recover weight on R (&) Cross L over R (4) *Traveling forward
- 7-8 Turn ¼ L stepping back on R (7) ½ Hinge turn L stepping forward on L (8) - 3:00 wall

Sec. 2: Hold while swinging arm from back to front in circular motion, Hitch R knee, Step back on R, Drag L back into coaster step, ¼ Turn left Kick ball cross

- 1-2 Hold while swinging arm from back to front in circular motion (1) Hitch R knee (2) 3-4 Step back R (3) Drag L back -without putting weight on L (4)
- 5&6 Step L back (5) Step R beside L (&) Step L forward (6)
- 7&8 Kick R across left beginning ¼ turn L (7) Step R completing ¼ turn L (&) Cross L over R (8) - 12:00 wall

***Styling: On count 1, Lunge forward dipping down and swinging R arm around as if you are bowling when lyrics say "Get It On The Floor"

Sec. 3: Lift up on L Ball, Turn ¼ L sitting on R hip, L Wizard step, Sway R, L, R hitch

- 1,2 Maintain all of weight on the L ball of your foot as you raise L heel and R hitch up(1) Turn ¼ L and sit on R hip (2) -9:00 wall
- 3,4& Step L forward (3) Lock R behind L (4) Step L forward (&)
- 5-6 Sway R (5), Sway L (6)
- 7-8 Sway R (7) Hitch L knee (8)

*** Styling: On count one, Raise hands pointing towards the air when lyrics say "Light It Up"

Sec.4: Big slide L, R Behind, Side, Cross, Side, Heel, Ball touch, Full unwind R

- 1-2 Big slide L (1) Drag R -no weight (2)
- 3&4 Cross R behind L (3) Step L to side (&) Cross R in front of L (4)
- &5&6 Step L to L side (&) Present R heel forward (5) Bring R back to center (&) Touch L toe across R (6) 7-8 2 count Full turn Unwind R transferring weight to L

***Styling: On count one, push left hand from left to right when the lyrics say "Push"!!! Now do More!!!!!! No tags or restarts!