

You Got The Moves

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Darren Tubridy (UK) & David Sinfield (UK) - June 2024
音樂: The Moves (feat. Muni Long & Nile Rodgers) - NEIKED : (iTunes & Amazon)



#32 count into (approx.. 18 seconds into track)

CROSS ROCK, CHASSE LEFT, CROSS UNWIND FULL TURN, CHASSE RIGHT

1-2 Cross rock L over R, replace weight onto R
3&4 Step L to L, close R beside L, step L to L
5-6 Cross R over L, Unwind a full turn L (Keeping weight onto L)
7&8 Step R to R, close L beside R, step R to R

BEHIND, SIDE, FORWARD, STEP PIVOT, HEEL SWITCHES TURNING 1/4 LEFT, TOE TOUCHES

1&2 Cross L behind R, step R to R, step L foot forward
3-4 Step R forward, pivot ½ turn L
5& Touch R heel forward, step R down (on the ball of L spin ¼ turn L)
6& Touch L heel forward, step L down
7& Touch R toe to R side, bring R toe beside L
8 Touch L toe to L side

(&) STEP PIVOT, SHUFFLE HALF TURN LEFT BACK, WALK, WALK, LEFT COASTER STEP

&1-2 Step L beside R, step forward R, pivot ½ L
3&4 Shuffle ½ L traveling back R-L-R
5-6 Walk back L, Walk back R
7&8 Step back L, step R beside L, step forward L

CROSSING SAMBA R, CROSSING SAMBA L, JAZZ BOX ¼ TURN R, BRUSH

1&2 Cross R over L, rock L to L, replace weight onto R
3&4 Cross L over R, rock R to R, replace weight onto L
5-6 Cross R over L, step back on L
7-8 On the ball of L ¼ turn step R foot forward, brush L forward

TAG AT THE END OF WALLS 1 & 3

STEP PIVOT, STEP PIVOT, CROSS ROCK STEP, CROSS ROCK STEP

1-2 Step L forward, pivot ½ turn R
3-4 Step L forward, pivot ½ turn R
5&6 Cross rock L over R, replace weight on R, Step L beside R
7&8 Cross rock R over L, replace weight on L, step R beside L

L ROCKING CHAIR, STEP BOUNCE ON HEELS ½ R, COASTER STEP, STEP PIVOT

1&2& Rock forward L, replace weight on R, rock back L, replace weight on R
3&4 Step forward L, make ½ turn R bouncing heels twice (weight on L)
5&6 Step back R, step L beside R, step forward R
7-8 Step forward L, pivot ½ turn R