

Move

拍數: 32 牆數: 4 級數: Easy Beginner
編舞者: Indrawati Damanik (INA) - September 2024
音樂: MOVE (feat. Lavinia) - Shaggy



***Intro 16 count – No Tags, 2 Restarts

SEC. 1. ROCK CROSS, RECOVER, CHASSE (R – L)

1 – 2 rock cross RF over LF, recover on LF
3 & 4 step RF to R, step LF beside RF, step RF to R
5 – 6 rock cross LF over RF, recover on RF
7 & 8 step LF to L, step RF beside LF, step LF to L

Restart here on wall 6 & wall 8

SEC. 2. V STEP, PIVOT ½ TURN L AND FLICK, RUN R-L-R,

1 – 4 step RF to R diagonal fwd, step LF to L diagonal fwd, step RF back to center, step LF beside RF
5 – 6 step RF fwd, turn ½ L while flick RF, step LF in place
7 & 8 step RF fwd, step LF fwd, step RF fwd

SEC. 3. TOUCH DIAGONAL FORWARD AND HIP BUMB (L - R), JAZZ BOX AND TURN ¼ R,

1 & 2 touch LF diagonal L fwd while push L hips to L-R-L
3 & 4 touch RF diagonal R fwd while push R hips to R-L-R
5 – 8 cross RF over LF turn ¼ R, step LF back, step RF to R, step LF fwd

SEC. 4. ROCK SIDE, RECOVER, TOGETHER (R – L), TWIST (R - L)

1 – 2& rock RF to R, recover on LF, step RF beside LF
3 – 4& rock LF to L, recover on RF, step LF beside RF
5 & 6 twist both heels to R, twist both toes to R, twist both heels to R
7 & 8 twist both heels to L, twist both toes to L, twist both heels to L

Contact me : iindam@ymail.com
indrawatidamanik@gmail.com
Happy Dancing...

Last Update: 28 Sep 2024