

Move In My Direction

拍數: 40 牆數: 4 級數: Improver
編舞者: Frederick Hodgkin (USA) - 14 November 2024
音樂: CAN'T DANCE - MEGHAN TRAINOR



#32 count intro.

*1x 8-count Tag on Wall 2. 2 Restarts on Walls 3 and 6.

[1-8] Stomp x2, Hold, Body Roll, Heel Out x2, Hold, Step In x2, Cross R w/ ¼ Turn

1& Stomp R In Place, Stomp L In Place, Hold Count 2 (12:00)
3,4 Body Roll R, Shift Weight Back to L While Completing Body Roll (12:00)
5& Step R Heel Out, Step L Heel Out, Keep Weight on Heels and Hold Count 6 (12:00)
&7,8 Step R In, Step L In, Cross R Over L While Turning ¼ to R (3:00)

[9-16] Back, Side, Crossing Shuffle, Hip Roll x2

1,2 Step Back L, Step R to R Side (3:00)
3&4 Cross L Over Right, Step R to R Side, Cross L Over Right (3:00)
5,6 Step R to R Side and Roll Hips, Step L and Turn ¼ to L (12:00)
7,8 Repeat Counts 5 and 6, Turning Another ¼ to L (9:00)

[17-24] Floating Box, R Cross-Rocking Chair, R Heel-Jack

1,2 Slide R and Turn ¼ L, Slide L and Turn ¼ L Again (3:00)
3,4 Slide R and Turn ¼ L, Slide L w/ No Turn (12:00)
5&6& Cross R Over L, Recover L, Step R to R Side, Recover L (12:00)
7&8& Cross R Over L, Step L to L Side, R Heel, Step R to R Side (12:00)

Restart Wall 6 After 24 Counts

[25-32] Cross, Side, Sailor Step x2, ¼ Turn Coaster Step

1,2 Cross L Over R, Step R to Side (12:00)
3&4 Step L Behind R, Step R to Side, Step L to Side (12:00)
5&6 Step R Behind L, Step L to Side, Step R to Side (12:00)
7&8 Step L Back w/ ¼ Turn L, Close R to L, Step L Forward (9:00)

Restart Wall 3 After 32 Counts

[33-40] Hip Bump x2, Jazz Box

1&2 Bump R Hip Forward, Bump R Hip Back, Step Forward On R (9:00)
3&4 Bump L Hip Forward, Bump L Hip Back, Step Forward on L (9:00)
5,6 Cross R Over L, Step L Back (9:00)
7,8 Step R to Side, Step L Forward (9:00)

TAG: After 8 Counts on Wall 2, walk counterclockwise around the dance floor for 8 counts and find a new spot. Face the front wall and restart the dance.

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