

Move It

拍數: 48 牆數: 4 級數: Improver
編舞者: David Grant (UK)
音樂: Move It On Over - George Thorogood & Travis Tritt



STEP, PIVOT, SIDE, BEHIND, SIDE, CROSS, SIDE, SLIDE

- 1 Step forward on the left
- 2 Pivot a half turn right on the balls of the feet
- 3 Step to the left on the left
- 4 Cross the right behind the left
- 5 Step to the left on the left
- 4 Cross the right in front of the left,
- 7 Step to the left on the left
- 8 Slide the right next to the left

CHASSE LEFT, ROCK, STEP, HALF SHUFFLE TURN, ROCK, STEP

- 9&10 Chasse left on left, right, left
- 11 Rock the right behind the left
- 12 Step forward on to the left
- 13&14 Turn a half turn left and shuffle back on right, left, right
- 15 Rock back on to the left
- 16 Step forward on to the right

HALF SHUFFLE TURN, ROCK, STEP, CHASSE RIGHT, ROCK, STEP

- 17&18 Turn a half turn right and shuffle back on left, right, left
- 19 Rock back on to the right
- 20 Step forward on to the left
- 21&22 Chasse right on right, left, right
- 23 Rock the left behind the right
- 24 Step forward on to the right

KICK BALL CHANGE, KICK BALL CHANGE, STEP, HALF PIVOT, STEP, QUARTER PIVOT

- 25&26 Kick the left foot forward, step back on the ball of the left foot, change weight to the right foot
- 27&28 Kick the left foot forward, step back on the ball of the left foot, change weight to the right foot
- 29 Step forward on the left
- 30 Pivot a half turn right on the balls of both feet
- 31 Step forward on the left,
- 32 Pivot a quarter turn right on the balls of both feet

BACK, BACK, BACK, TOUCH, STEP, SLIDE, STEP, STOMP

- 33-36 Walk back left, right, left
- 36 Touch the right next to the left
- 37 Step forward on the right
- 38 Slide the left and cross behind the right
- 39 Step forward on the right
- 40 Slide the left next to the right

KNEE POPS

- 41 Cross the right knee over the left
- 42 Hold
- 43 Cross the left knee over the right

- 44 Hold
- 45 Cross the right knee over the left
- 46 Cross the left knee over the right
- 47 Cross the right knee over the left
- 48 Cross the left knee over the right

REPEAT
