

Move It Like This

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: PJ Turner (USA) & Lisa Turner (USA)
音樂: Move It Like This - Baha Men



STEP TOGETHER, STEP TOUCH, STEP TOGETHER, STEP TOUCH

- 1-2 Step right forward towards 1:00, step left behind right
- 3-4 Step right forward towards 1:00, touch left beside right
- 5-6 Step left forward towards 11:00, step right behind left
- 7-8 Step left forward towards 11:00, touch right beside left

KICK BALL CHANGE, TWIST, TURN, POINT, POINT, STEP TURN

- 1&2 Kick right to the right side, step right beside left, step left beside right
- 3 Swivel heels to right while bending knees
- 4 Swivel heels to left while doing a ¼ turn to the right (weight ending on right foot)
- 5-6 Point left forward (while leaning body back), point left back (while leaning body forward)
- 7-8 Do ½ turn towards left while stepping down on left, step right next to left while bending knees

3 KNEE POPS, SKATE RIGHT LEFT

- 1 Extend legs straight (unbending knees)- (while leaning body left)
- &2 Step slightly forward on right (while bending knee)(still leaning body left), step slightly forward on left (while bending knee)
- 3&4 Repeat steps 1&2 except lean body to right
- 5&6 Repeat except lean body to left
- 7-8 Skate right forward, skate left forward

PADDLE TURNS, OUT, OUT, IN, IN, BODY ROLL

- 1-2 ¼ turn to the left while touching right to side, ¼ turn to left while touching right to side
- 3-4 ¼ turn to left while touching right to side, ¼ turn to left while touching right to side (weight still on left)
- &5&6 Step right to right side, step left to left side, step right to center, step left to center
- 7-8 Body roll

REPEAT