

Move It Like This

拍數: 64 牆數: 2 級數: Intermediate
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音樂: Move It Like This - Baha Men



CHASSE, ROCK, HIP BUMPS

1&2 Step right to right, step left to right, step right to right
3-4 Rock left behind right, recover onto right
5-8 Step left to left and bump hips 4 x

ROCK, SHUFFLE, ROCK, TRIPLE ½ TURN

9-10 Rock back on right, recover onto left
11&12 Shuffle forward, right-left-right
13-14 Rock forward on left, recover onto right
15&16 Triple ½ turn left stepping, left-right-left

DWIGHT-SWIVEL, ROCK, CHASSE ¼ TURN, KICK-BALL-TOUCH

17-19 Touch right toe/heel/toe beside left instep
20 Rock onto right foot(weight)
21&22 Step left to left, step right beside left, step left ¼ turn left
23&24 Kick right forward, step right next to left, touch left to left

CROSS POINT, CROSS UNWIND, CHASSE, ROCK

25-26 Cross left over right, point right to right side
27-28 Cross right over left, unwind ½ turn left(weight on right)
29&30 Step left to left, step right beside left, step left to left
31-32 Rock back on right, recover onto left

PADDLE TURNS, CROSS SHUFFLE

33-38 Step right forward, make ¼ turn left, x 3
39&40 Cross right over left, step left to left, cross right over left

CHASSE, ROCK, HIP BUMPS

41-48 Repeat section 1 (1-8) leading to left

CROSS-POINT, CROSS-POINT, TOUCH, CROSS-UNWIND

49-50 Cross left over right, point right to side
51-52 Cross right over left, point left to side
53-54 Touch left behind right, point left to side
55-56 Cross left behind right, unwind ½ turn left

ROCK FORWARD & BACK, ROCK & CROSS TWICE

57-58 Rock forward on right, recover onto left
59-60 Rock back on right, recover onto left
61&62 Rock right to right, recover on left, step right over left
63&64 Rock left to left, recover on right, step left over right

REPEAT