

Move It Move It

COPPER KNOB
BY STEPHEN

拍數: 56 牆數: 4 級數: Improver
編舞者: Carolyn Robinson (USA) & James B. Edwards
音樂: I Like To Move It - Sacha Baron Cohen



RIGHT TOE TOUCHES & HITCHES; RIGHT TOUCH, SCUFF, HITCH, STEP; TWIST HEELS

1&2&3&4 Touch right toe in front of left, hitch right, touch right beside left, hitch right, touch right in front of left twice
5-6&7 Touch right beside left, scuff right, hitch right, step right
&8 Twist heels right, center

WALK BACK X4, RUNNING MAN

1-4 Walk back right, left, right, left
&5&6&7&8 Hitch right while scooting back on left; step right; hitch left while scooting back on right; step left; hitch right while scooting back on left; step right; hitch left while scooting back on right; step left

CROSS OVER POINTS TWICE; CROSS BEHIND POINTS TWICE

1-4 Cross right over left, point left; cross left over right, point right
5-8 Cross right behind left, point left; cross left behind right, point right

RIGHT, LEFT DIAGONALS; TRIPLE RIGHT DIAGONAL; LEFT, RIGHT DIAGONALS, TRIPLE LEFT DIAGONAL

1-2 Step right diagonal, step left diagonal
3&4 Triple to right diagonal, right-left-right
5-6 Step left diagonal, step right diagonal
7&8 Triple to left diagonal, left-right-left

VINE RIGHT WITH TOUCH; VINE LEFT WITH TOUCH

1-4 Side step right, left behind right; side step right; touch left beside right
5-8 Side step left, right behind left; side step left, touch right beside left

DIAGONAL STEP TOUCHES BACK X 4

1-4 Step right back diagonal, touch left beside right; step left back diagonal; touch right beside left
5-8 Step right back diagonal, touch left beside right; step left back diagonal; touch right beside left

WALK BACK, ½ TURN RIGHT, TWIST HEELS, HIP BUMPS RIGHT, HIP BUMPS LEFT

1-2-3 Step back right, pivot right foot ½ right, step left beside right
&4 Twist heels right-center
5&6 Touch right toe forward bumping hips right-left-right
7&8 Lean back on left bumping hips left-right-left

Option:

WATER SPRINKLER

5-8 Place left hand on left side of neck and right arm straightened in front and across left side (hand in fist); move right arm to right using a pumping action similar to a yard water sprinkler for 4 counts

REPEAT