

Move Ya Feet!

拍數: 0 牆數: 2 級數: Intermediate/Advanced
編舞者: Joanne Spencer
音樂: Move Your Feet - Junior Senior



Sequence: A, A&, BBA, A&, BBA, A&, B, B(counts 1-16 only), AA

PART A

WALKS FORWARD, ROCKING CHAIR, LEFT SHUFFLE BACK, HEEL SWIVELS

1-2 Step forward right, step forward left
3&4& Rock forward on right, rock back onto left, rock back on right, rock forward onto left
5&6 Step back right, close left beside right, step back right
&7&8& Swivel heels out, step left back swiveling heels in, swivel heels out, step right forward swiveling heels in swivel heels out (making sure weight is on right)

LEFT SIDE STEPS, LEFT CHASSE, CROSS UNWIND, RIGHT CHASSE

1-2 Step left to left, close right beside left
3&4 Step left to left, close right beside left, step left to left
5-6 Cross right over left, unwind full turn left
7&8 Step right to right, close left beside right, step right to right

TOUCH, STEP, ROCK BEHIND, STEP TURN ¼ RIGHT, EXTENDED LEFT SHUFFLE(WITH ARM MOVEMENTS)

1-2 Touch left toe forward, step left back
3&4 Rock right behind left, rock forward onto left, step right to right turning ¼ right
5&6& Step left forward, close right beside left, step left forward, close right beside left
7&8 Step left forward, close right beside left, step left forward

Optional arms

5& Raise hands as if pushing a box in the air
6& Drop hands, push downwards
7& Raise hands as if pushing a box in the air
8 Drop hands

HITCH, TOUCH BACK, HITCH TURNING ½ RIGHT, RIGHT STEP, ½ TURN LEFT, SHUFFLE, ¼ TURN RIGHT, RIGHT STEP, LEFT STEP

1-2 Hitch right knee, touch right toe back
3-4 Hitch right knee turning ½ right, step right forward
5&6 Turn ½ left stepping left forward, close right beside left, step left forward
7-8 Turn ¼ right stepping right forward, step left forward

PART A&

1-4 Do your own thing for 4 counts!

PART B

MAMBO CROSS ROCKS, ¼ TURN RIGHT, PIVOT ¾ RIGHT, SLIDE RIGHT

1& Cross rock right over left, rock back onto left
2& Rock right to right, rock onto left in place
3& Cross rock right over left, rock back onto left
4 Step right turn ¼ right
5-6 Step forward left, pivot ¾ right (weight ends on left)
7-8 Step right to right, slide left to right

MAMBO CROSS ROCKS, ¼ TURN LEFT, PIVOT ¾ LEFT, SLIDE LEFT

- 1& Cross rock left over right, rock back onto right
- 2& Rock left to left, rock onto right in place
- 3& Cross rock left over right, rock back onto right
- 4 Step left turn ¼ left
- 5-6 Step forward right, pivot ¾ left (weight ends on right)
- 7-8 Step left foot to left, slide right foot to left foot

DIAGONAL STEPS FORWARD, DIAGONAL STEPS BACK, RIGHT FORWARD, HIP BUMPS, LEFT FORWARD, HIP BUMPS

- 1-2 Step right to right forward diagonal (pushing hands up to right), step left to left forward diagonal (pushing hands up to left)
- 3-4 Step right back to right diagonal (pushing hands down to right), step left back to left diagonal (pushing hands down to left)
- 5&6 Step right foot forward bumping hips right, bump hips left, bump hips right (weight on right)
- 7&8 Step left foot forward bumping hips forward, bump hips back, bump hips left (weight on left)

FORWARD ROCK, SHUFFLE ½ TURN RIGHT, PADDLE TURNS, CROSS ROCK

- 1-2 Rock forward onto right, rock back onto left
 - 3&4 Turn ½ right stepping right forward, close left beside right, step right forward
 - 5-6 Touch left forward turning ¼ right, touch left forward turning ¼ right
 - 7&8 Rock left over right, rock back onto right, step left to left (weight on left)
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