

Move Your Body

COPPER KNOB
BY STEPHEN HETS

拍數: 32 牆數: 4 級數: Intermediate
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音樂: Move Your Body - Eiffel 65



SHOULDER POPS X3, SIDE SWITCHES SHOULDER POP, SIDE SWITCHES TWICE BODY ROLL

- 1-2 Standing shoulder width apart pop shoulders to right side, pop shoulders to left side
- 3&4 Pop shoulders to right side, step left foot next to right, step right foot to right side
- 5&6 Pop shoulders to right side, step left foot next to right, touch right foot to right side
- &7-8 Step right foot next to left, step left foot to left side, body roll left ending with weight on left

BODY ROLL, KICK ¼ TURN, ARM MOVEMENTS, ¼ TURN

- &9-10 Step right foot next to left, step left foot to left side, body roll left ending with weight on left
- 11&12 Kick right foot forward, step right foot ¼ turn right, step left foot to left side, ending with feet shoulder width apart
- 13-14 Push arms out to front left over right at wrist, roll arms in towards chest, right hand will be on top at chest, roll back out left wrist on top
- 15-16 Roll right hand around back of head stopping at side of right ear while pivoting ¼ turn right on balls of feet ending with weight on right

PIVOT, REVERSE PIVOT, ROCK STEP, TRIPLE TURN

- 17-18 Step left foot forward, pivot ½ turn right on ball of left foot
- 19-20 Touch right foot back, pivot ½ turn right on ball of left foot ending with weight on right foot
- 21-22 Rock forward on left foot, recover weight back on right foot
- 23&24 Triple turn ½ left - left, right, left

KICK AND POINT TRAVELING FORWARD TWICE, ¼ TURN RIGHT, COASTER STEP, STOMP

- 25&26 Kick right foot forward, step right foot forward, point left foot to left side
- 27&28 Kick left foot forward, step left foot forward, point right foot to right side
- 29 Pivot ¼ turn right on balls of feet ending with weight on left foot
- 30&31 Coaster step on right foot - right, left, right
- 32 Stomp left foot out to left side ending with feet shoulder width apart

REPEAT
