

Move Your Feet

拍數: 48 牆數: 4 級數: Intermediate contra dance
編舞者: Leanne Jayne Priestley (UK)
音樂: Move Your Feet - Junior Senior



SIDE, TOGETHER, CHASSE

1-2 Left step to side, right step beside left
3&4 Left step to side, right step beside left, left step to side

ROCK, HOLD, CHASSE AND TURN

5-6 Right rock back, hold (clap)
&7&8 Replace weight to left, right step to side, left step beside right, right step ¼ right

ROCK, BACK SHUFFLE

9-10 Left step forward, replace weight to right foot (rock back)
11&12 Left step back, right step beside left, left step back

TURNING SHUFFLE

13&14 Right step ¼ to right, left step beside right, right step ¼ to right

LEFT TOUCH TWICE, SHUFFLE, RIGHT TOUCH TWICE, SHUFFLE

15-16 Touch left out to side, touch left beside right
17&18 Left step forward, right step beside left, left step forward
19-20 Touch right out to side, touch right beside left
21&22 Right step forward, left step beside right, right step forward

SIDE, HOLD, PIVOT ½ TURN, CHASSE

23-24 Step left to side (leaning to left), hold
&25&26 Pivoting on ball of left foot turn ½ right, right step to side, left step beside right, right step to side

CROSS ROCK

27&28 Cross left over right, replace weight to right, step left beside right

HITCH TURN TWICE

29&30& Hitch right, pivoting ½ turn to left on ball of left foot, touch right to side, hitch right, pivoting ½ turn to left on ball of left foot, touch right to side

Alternative: cross right over left, unwind 1 full turn to left

FORWARD, HOLD, TOGETHER, HOLD, SIDE, STOMP TWICE

31-34 Touch right forward, hold, touch right beside left, hold
35-36 Touch right to side, stomp right beside left
37-40 Touch left forward, hold, touch left beside right, hold
41-42 Touch left to side, stomp left beside right

SAILOR STEPS

43&44 Step right behind left, step left to side, step right to side
45&46 Step left behind right, step right to side, hitch left
47-48 Touch left forward, touch left beside right

REPEAT

