

Move Your Feet

拍數: 32 牆數: 2 級數:
編舞者: Masters In Line (UK)
音樂: Move Your Feet - Junior Senior



CROSS-ROCK SIDE, CROSS-ROCK TURN, ½ TURN, ½ TURN, JUMP FORWARD & BACK

1&2 Cross-rock right over left, recover weight onto left, step to right on right
3&4 Cross-rock left over right, recover weight onto right, turn ¼ left stepping forward onto left
5-6 Turn ½ left stepping back on right, turn ½ left stepping forward on left
&7 Small jump forward (right then left)
&8 Small jump back (right then left)

¼ TURN SHUFFLE, ½ TURN SHUFFLE, JAZZ BOX WITH ½ TURN

1&2 Turn ¼ right and shuffle forward right-left-right
3&4 Turn ½ left, and shuffle forward left-right-left
5-6 Cross-step right over left, step back on left (preparing to turn)
7-8 Turn ½ right stepping forward onto right, step forward on left

As you do the shuffles, put the index & middle fingers of each hand together and move your hands up & down to the count of 1&2, 3&4

ROCK, RECOVER, TRIPLE TURN 1½ BACK ; ROCK, RECOVER, LEFT COASTER

1-2 Rock forward on right, recover weight onto left
3&4 Triple 1 ½ turns back over right shoulder stepping right-left-right

Easier option is just to do ½ turning shuffle instead of 1 ½

5-6 Rock forward on left, recover weight onto right
7&8 Step back on left, step on right beside left, step forward on left

KICK, CROSS, UNWIND (BOUNCE) ; STEP SLIDE TOUCH (TWICE) WITH SHOULDERS

1-2 Kick right foot diagonally-forward right, cross-touch right foot over left
3&4 Bounce heels 3 times making a full turn to the left over left shoulder
5 Step diagonally-forward right on right foot (left shoulder up, right shoulder down)
& Slide left foot towards right (left shoulder down, right shoulder up)
6 Touch left foot beside right (left shoulder up, right shoulder down)
7 Step diagonally-forward left on left foot (left shoulder down, right shoulder up)
& Slide right foot towards left (left shoulder up, right shoulder down)
8 Touch right foot beside left (left shoulder down, right shoulder up)

REPEAT