

Movin' & Groovin'

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Karen Hadley (UK)
音樂: Move It - Cliff Richard



DIAGONAL TOE STRUT, CROSS TOE STRUT, BACK TOE STRUT, SIDE TOE STRUT, (SHADOWS STYLE JAZZ BOX)

- 1-2 Step right toe forward to right diagonal, drop right heel down taking weight, (click to right)
- 3-4 Cross step left toe over right, drop left heel down taking weight, (click to left)
- 5-6 Step back on right toe, drop right heel down taking weight, (click to right)
- 7-8 Step left toe to left side, drop left heel down taking weight, (click to left)

SIDE ROCK & CROSS, HOLD & CLAP, SIDE ROCK & CROSS, HOLD & CLAP

- 1-4 Rock right to right side, rock on left in place, cross step right over left, hold & clap
- 5-8 Rock left to left side, rock on right in place, cross step left over right, hold & clap

DWIGHT SWIVELS, OUT-OUT, HOLD & CLAP, IN-IN, HOLD & CLAP

- 1-2 Touch right toe to left instep swiveling left heel to right, touch right heel to left instep swiveling left toe to right
- 3-4 Touch right toe to left instep swiveling left heel to right, touch right heel to left instep swiveling left toe to right

Easy alternative - stepping right beside left, twist heels, toes, heels, toes slightly to right

- &5-6 Step right out to right, step left out to left, (feet apart), hold & clap
- &7-8 Step right in back to center, step left in beside right, hold & clap

FORWARD ROCK, ½ SHUFFLE TURN RIGHT, STEP, PIVOT ½ TURN RIGHT, WALK FORWARD TWICE

- 1-2 Rock forward on right, rock back on left
- 3&4 Shuffle ½ turn right, stepping - right, left, right
- 5-6 Step forward left, pivot ½ turn right
- 7-8 Step forward on left, step forward on right, (12:00)

SCUFF, STEP, SCUFF, STEP, ROCKING CHAIR ROCKS

- 1-4 Scuff left forward, step forward on left, scuff right forward, step forward on right
- 5-8 Rock forward on left, rock back on right, rock back on left, rock forward on right

STEP, PIVOT ¼ TURN RIGHT, STOMPS TWICE, STEP, PIVOT ¼ TURN RIGHT, STOMPS TWICE

- 1-4 Step forward on left, pivot ¼ turn right, stomp left beside right, stomp right in place
- 5-8 Step forward on left, pivot ¼ turn right, stomp left beside right, stomp right in place (6:00)

LEFT TOE STRUT FORWARD, RIGHT TOE STRUT FORWARD, FORWARD ROCK, BACK, TOUCH

- 1-2 Step left toe forward, drop left heel down taking weight
- 3-4 Step right toe forward, drop right heel down taking weight
- 5-6 Rock forward on left, rock back on right
- 7-8 Step back on left, touch right beside left

NOW THE FUN PART - THE HAND JIVES!

- & Step right to right side to feet slightly apart
- 1&-2& Cross hands over in front palms facing down with right over left & move apart, repeat
- 3&-4& Cross hands over in front palms facing down with left over right & move apart, repeat
- 5-8 Pretend to hitch a lift with right thumb over right shoulder twice, repeat with left thumb

REPEAT

TAG

On 3rd wall only, repeat the last 8 counts (the Hand Jive)
