

Movin On Up

拍數: 32 牆數: 0 級數:
編舞者: Crazy Chris (UK) & Katie Adams (UK)
音樂: Keep On Movin' - Five



VAUDEVILLE STEPS, STEP ¼ TURN

&1 Step weight back onto left, cross step right over left
&2 Step left back to left diagonal, touch right heel to right diagonal
&3 Step right to place, cross step left over right
&4 Step right back to right diagonal, touch left heel to left diagonal
&5-6 Step left to place, step forward right, pivot ½ turn left
7-8 Step forward right, pivot ¼ turn left

KICKS SAILOR STEP, KICKS SAILOR STEP ¼ TURN

1-2 Kick right diagonal left, kick right diagonal right
3&4 Step right behind left, step left to left step right to right
5-6 Kick left diagonal right, kick left diagonal left, step left behind right
7&8 Step right to right, step left ¼ turn left

ROCKS WITH TURNING CHA-CHA-CHA AND CROSS STEP CROSS

1-2-3&4 Rock forward right, rock back left, ½ turn shuffle (right, left, right)
5-6 Step back left diagonal, step back right diagonal
7&8 Cross left over right, step right to right, cross left over right

HEEL JACKS WITH BODY SHIMMY

&1 Step back right diagonal, touch left heel to left diagonal
&2 Step left back to place, step right beside left
&3 Step back right diagonal, touch left heel to left diagonal
&4 Step left back to place, step right beside left
&5 Step left to left side, step right to right side
6-8 Shimmy shoulders bending knees down and up

REPEAT

TAG

On wall 3 and 5 at end of sequence

1-2 Rock forward right, rock back left
3-4 Step right ½ turn left, step right with body roll