

This & That

拍數: 0 牆數: 1 級數: Intermediate
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音樂: Move It Like This - Baha Men



Sequence: A, B, A, C, B, A, B, C-, A-, A, A-

PART A: 32 COUNTS

SMALL STEP WITH HIP CIRCLES AND QUARTER TURN, HIP SHAKES OR SHIMMY

1-4 Very small step forward left making 2 to the right hip circles left, right, left, right on balls of feet turning $\frac{1}{4}$ right bringing heels in line with each other, now facing 3:00 wall

Make these movements (counts 1-4) slinky

5&6 Bending forward at waist shake hips right and right or shimmy shoulders

7&8 Straightening up shake hips right and right or shimmy shoulders

SMALL STEPS WITH HIP CIRCLES AND QUARTER TURNS, HIP SHAKES

1-8 Repeat above steps and facing 6:00 wall

1-8 Repeat above steps and facing 9:00 wall

ROCK AND TURN, ROCK AND TURN, STEP, SWEEP AND STEP

1&2 Rock forward left, recover weight right prepping heel right, turn $\frac{1}{2}$ left stepping forward left

3&4 Rock forward right, recover weight left prepping heel left, turn $\frac{1}{4}$ right stepping forward right

5-8 Step forward left, turn $\frac{1}{2}$ left sweeping right toe around in 2 counts, step right next to left

PART B: 64 COUNTS

STEP, SCUFF, STEP SCUFF, BACK, TOGETHER, BACK, TOUCH

1-4 Step forward left, scuff forward right, step forward right, scuff forward left

5-6 Bending slightly forward and pushing off with right step back left, drag right back and step next to left

7-8 Pushing off with right step back left, drag right back and touch next to left and straightening up

BODY ROLLS OR BOOGA-LOO

Make fists with thumbs extended for these counts

1&2 Stepping side right and raising left heel, body roll right

Or lean head and shoulders right angling upper body slightly right extending left arm out and down and right arm bent at elbow with fist in front of shoulder with thumb pointing outward, hold

3&4 Stepping down on left and raising right heel, body roll left

Or bringing in left arm, lean head and shoulders left angling upper body slightly left extending right arm out and down and left arm bent at elbow with fist in front of shoulder with thumb pointing outward, hold

5-6 Stepping down on right shift shoulder right, left

Or bring in right arm and bending it at elbow with fist in front of shoulder with thumb pointing outward, shift shoulders right, left

7&8 Repeat 1&2

SHING-A-LING

Place back of hands behind hips for these counts

&1-2 Touch left toe forward diagonally left pushing left knee and hip outward, step down on left, step right next to left

&3-4 Touch left toe forward diagonally left pushing left knee and hip outward, step down on left, touch right next to left

&5-6 Touch right toe forward diagonally right pushing right knee and hip outward, step down on right, step left next to right

&7-8 Touch right toe forward diagonally right pushing right knee and hip outward, step down on right, touch left next to right bring hands in front of body with bent arms and palms forward

DIPPING VINE LEFT, DIPPING VINE RIGHT (RAISE THE ROOF)

Hands will remain raised with palms out for these counts

1-2 Step side left shifting hands slightly left and up, step right next to left bending knees, dipping down and lowering hands in front of shoulders
3-4 Straightening up step side left raising hands left and up, touch side right pushing hands left and up again
5-6 Step side right shifting hands right and up, step left next to right bending knees, dipping down and lowering hands in front of shoulders
7-8 Straightening up step side right raising hands right and up, touch side left pushing hands right and up again

ROLLING VINE LEFT, ROLLING VINE RIGHT

1-4 Lower hands and turn $\frac{1}{4}$ left stepping left, turn $\frac{1}{4}$ left stepping side right, turn $\frac{1}{2}$ left stepping side left, touch right next to left / clap hands
5-8 Turn $\frac{1}{4}$ right stepping right, turn $\frac{1}{4}$ right stepping side left, turn $\frac{1}{2}$ right stepping side right, step left next to right / clap hands

PUSH STEPS SIDE, HITCH HIKE

1&2 Angling body right step side right, step on ball of left next to right, step side right
&3-4 Step on ball of left next to right, step side right, straightening forward touch left next to right
5-8 Step forward left diagonally left leaning forward extend left arm with fist and extended thumb, shimmy shoulders and slowly swing arm back to left diagonal

TWIST, MASHED POTATO

&1-4 Hop back on right, extend left heel forward diagonally left with knees and toe right and upper body and hands left, maintain feet position and switch upper and lower body positions, switch again, switch again
&5&6 Swivel heels out and sweep left back, swivel heels in stepping left behind right, swivel heels out and sweep right back, swivel heels in stepping right behind left
&7&8 Swivel heels out, swivel heels in stepping left behind right, maintain feet position swiveling heels out and in again stepping down on left

ELECTRIC SLIDE RIGHT, ROLLING VINE LEFT WITH FORWARD STEP

1&2& Step side right, step ball of left next to right, step side right, step ball of left next to right
3-4 Step side right, touch left next to right / clap hands
5-8 Step $\frac{1}{4}$ left on left, pivot $\frac{1}{4}$ left stepping side right, pivot $\frac{1}{2}$ left stepping side left, step forward right

PART C: 24 COUNTS

BUS STOP

&1-4 Small step forward left $\frac{1}{4}$ left, step side right, step left next to right, step side right, touch left next to right
5-8 Step side left, step right next to left, step side left, touch right next to left
9-16 Dig right heel forward, touch right toe back, step forward right prepping toe right, pivot $\frac{1}{4}$ right and touch side left, cross step left over right, touch side right, cross step right over left, flick back left

KNEE ROLLS OUT WITH HOLDS, KNEE ROLLS, STEPS TOGETHER

1-4 Roll left knee out touching left toe left, hold stepping down on left, roll right knee out touching right toe right, hold stepping down on right
&5&6 Raising left heel roll left knee, step left down, raising right heel roll right knee, step right down
7-8 Step left center, step right next to left bending left knee

PART A: 32 COUNTS

Same as above through count 24. Then drop the last pattern (rock and turn etc.) And instead repeat the previous steps (small steps with hip circles etc.) One more time

PART C: 8 COUNTS

Drop the first 16 counts (bus stop) from the above pattern and do only counts 17-24 (knee rolls)
