Gotta Move



拍數: 72 牆數: 4 級數: Intermediate

編舞者: Maurice Rowe (USA)

音樂: Walking On Sunshine - Jennifer Lopez



KICK RIGHT FORWARD, TOUCH BACK, TURN, KICK RIGHT FORWARD, JAZZ BOX, BODY ROLL

1 Kic	k right foot forward
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2 Touch right toe slightly back

3 Pivot ½ turn right keeping weight on left foot

4 Kick right foot forward

5&6 Cross/step the right foot over the left, step back on the left foot, step right home

7-8 Roll body downward

SHUFFLE RIGHT, ½ TURN, SHUFFLE LEFT, SHUFFLE RIGHT, ½ TURN, SHUFFLE LEFT

1&2 Side shuffle to right: right-left-right to right making a ½ turn right on last step (end facing

12:00 wall)

3&4 Side shuffle to left: left-right-left moving to left

Side shuffle to right: right-left-right to right making a ½ turn right on last step (end facing 6:00

wall)

7&8 Side shuffle to left: left-right-left moving to left (now back home where you started this 8 count

sequence)

SHUFFLE RIGHT, ROCK, RETURN, SHUFFLE LEFT, ROCK, RETURN

1&2 Step right to right & step left together, step right to right

3-4 Step left behind right, recover weight to left

5&6 Step left to left & step right together, step left to left

7-8 Step right behind left, recover weight to right

GRAPEVINE RIGHT, STEP TOGETHER STEPS LEFT

1-4 Step right to right, step left behind right, step right to right side, touch left toe next to right

Step left to left side, slide right next to left and take weightStep left to left side, slide right next to left and take weight

7-8 Step left to left side, step right next to left

OUT/HEEL/IN/CROSS, UNWIND 1/2 TURN LEFT, (REPEAT)

1&2& Step right to right and slightly back, touch left heel forward, step left home, cross/touch right

over left

3-4 Pivoting on the sole of left foot unwind ½ turn to left (end with weight on left foot)

5&6& Repeat 1&2& 7-8 Repeat 3-4

SHUFFLE RIGHT, ROCK, RETURN, SHUFFLE LEFT, ROCK, RETURN

1&2 Step right to right & step left together, step right to right

3-4 Step left behind right, recover weight to left

5&6 Step left to left & step right together, step left to left 7-8 Step right behind left, recover weight to right

SIDE STEP/HOLD, SIDE STEP HOLD, TOUCH, 1 1/4 TURN LEFT

1-2 Step right to right, hold

&3-4 Step left together with right foot, step right to right, hold

& Quickly touch left toe together with right foot

5 Step to left ¼ to left (starting a 1 ¼ quarter turn to the left)

6	Pivot on left foot and make ½ turn to the left
7	Pivot on right foot and make ½ turn to left (continue turn)
8	Touch right beside left
STEPS FORWARD, STEPS BACKWARD, MASHED POTATO UP (MOVES FORWARD)	
1-2	Step right forward, step left next to right
3-4	Step right back, step left next to right
&5	Step forward on ball of right foot while turning both heels outward then inward
&6	Step forward on ball of left foot while turning both heels outward then inward
&7	Step forward on ball of right foot while turning both heels outward then inward
&8	Touch ball of left foot forward while turning both heels outward then inward
MASHED POTATO BACK (MOVES BACK), SYNCOPATED SIDE TOUCHES	
&1	Step backward on ball of left foot while turning both heels outward then inward
&2	Step backward on ball of right foot while turning both heels outward then inward
&3	Step backward on ball of left foot while turning both heels outward then inward
4	Step backward on right foot and touch left toe close to right foot
5	Touch left toe to left
&6	Step left home touch right toe to right side
&7	Step right home and touch left toe to left side

Step left home touch right toe to right side and slightly back

REPEAT

&8