

Gotta Move On

拍數: 32 牆數: 2 級數: Improver
編舞者: Karen Looker (UK)
音樂: Funkytown - Lipps, Inc.



HEEL, TOE, RIGHT SHUFFLE, ROCK RECOVER, SAILOR ¼ TURN TO LEFT

1-2 Touch right heel forward, touch right toe back
3&4 Step forward on right, step left next to right, step forward on right
5-6 Rock forward on left foot, recover weight on right foot
7&8 Cross left foot behind right while making ¼ turn left, step right to right side, step left to left side

RIGHT ROCK RECOVER, BEHIND, SIDE, CROSS, LARGE STEP LEFT, TOUCH RIGHT, HIP BUMPS (X3)

1-2 Rock right foot to right side, recover weight on left
3&4 Cross right foot behind left, step left foot to left side, cross right foot in front of left foot
5-6 Take a long step to the left, touch right toe next to left foot
7&8 Bump hips - right, left, right (making sure weight ends up on the right foot)

LEFT JAZZ BOX, TOUCH, FLICK, CROSS SHUFFLE, ROCK RECOVER, TOUCH

1-2 Cross left foot in front of right foot, step back on right foot
&3-4 Step left foot to left side, touch right toe next to right foot, flick right foot upwards and behind
5&6 Cross right foot in front of left foot, step left foot to left side, cross right foot in front of left foot
7&8 Rock left foot to left side, recover weight on right foot, touch left toe next to right foot

POINT LEFT FOOT TO LEFT SIDE, ¼ TURN, SIT DOWN, STAND UP, ROCK FORWARD RIGHT, RECOVER, WALK BACK RIGHT, LEFT

1-2 Point left toe to left side, make ¼ turn left
3-4 Keeping feet in same position bend knees as though sitting down, stand back up (putting weight forward onto left foot)
5-6 Rock forward on right foot, recover weight back on left foot
7-8 Walk back right, then left placing left foot next to right

REPEAT
