

Groove Daddy

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Pepper Siquieros (USA)
音樂: Move It Like This - Baha Men



FORWARD LEFT, RIGHT, POINT LEFT, FLICK ½ TURN, FORWARD LEFT, RIGHT, ROCK AND TOGETHER

1-4 Walk forward left, right, touch left toe forward, pivot ½ to right on ball of right flicking left back
5-6 Walk forward left, right
7&8 Rock forward left, rock back on right, step together left pushing arms out forward (it's the Have Fun Go Mad push)

FORWARD RIGHT, LEFT, POINT RIGHT, FLICK ½ TURN, FORWARD RIGHT, LEFT, ROCK AND TOGETHER

1-4 Walk forward right, left, touch right toe forward, pivot ½ to left on ball of left flicking right back
5-6 Walk forward right, left
7&8 Rock forward right, rock back on left, step together right pushing arms out forward (it's the Have Fun Go Mad push)

STEP PIVOT ½, STEP PIVOT ½, LEFT VINE INTO SIDE SHUFFLE

1-4 Step forward left, pivot ½ turn to right, step forward left, pivot ½ turn to right
5-6 Step left to left side, step right behind left
7&8 Step left to left side, step right next to left, step left to left side

ROLLING RIGHT VINE INTO SIDE SHUFFLE WITH ¼ TURN, HIP SHAKES

1-2 Step right to right side into ¼ turn right, pivot ¼ right on ball of right and step left to left side
3&4 Pivot ½ right on ball of left and step right to right side, step left next to right, step right into ¼ turn right
5-6 Rock forward on left foot and shake hips forward twice
7-8 Bring weight back to right foot and shake hips back twice

REPEAT

Style along with the words in the Baha Men song. For instance when he says "running man" you can do two running man steps forward for counts 1-2 instead of the plain walking steps
