

Can U Move It?

拍數: 0 牆數: 2 級數: Intermediate
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音樂: Move It Like This - Baha Men



Sequence: A B A B- (24) B A B TAG A to the end

PART A (THE CHORUS)

TOUCH, KNEE POPS, TOUCH TOGETHER, STEP TOGETHER, LARGE STEP & SHIMMY

- 1-2 Touch right to right side, pop right knee in towards left
- 3-4 Pop right knee out to right, touch right beside left
- 5 Step right foot a large step to the right
- 6-7 Slide left foot towards right
- 8 Step left beside right

Steps 5-8 shimmy shoulders! "can you shake it like this!"

HEEL & HEEL & STEP SLIDE, LARGE STEP & SHIMMY

- 1& Touch right heel forward, step right beside left
- 2& Touch left heel forward, step left beside right
- 3-4 Step right foot a large step forward, touch left beside right

Optional styling: lean back on the large step forward

- 5 Step left foot a large step to the left
- 6-7 Slide right foot towards left
- 8 Touch right beside left

Steps 5-8 shimmy shoulders! "can you shake it like this!"

FULL TURN BACKWARDS, LARGE STEP RIGHT & SHIMMY

- 1-2 Step right foot ½ turn right, step left forward
- 3-4 Make ½ turn right stepping right forward, step left together
- 5 Step right foot a large step to the right
- 6-7 Slide left foot towards right
- 8 Step left beside right

Steps 5-8 shimmy shoulders! "can you shake it like this!"

FUNKY WALKS FORWARD & BACKWARDS, HIP BUMPS, HIP ROLL

- 1 Step right foot diagonally forward right, pushing right hip forward & out to the right
- 2 Step left foot diagonally forward left, pushing left hip forward & out to the left
- 3-4 Step right foot back, step left foot back - remember to use those hips!
- 5&6 Bump hips - right- center- right
- 7-8 Roll hips to the left over 2 counts, (weight ending on left)

PART B

STEP, PIVOT, KICK BALL STEP, PRESS, KICK, COASTER STEP

- 1-2 Step right foot forward, pivot ½ turn left
- 3&4 Kick right foot forward, step back on right, step left foot forward
- 5-6 Press right foot forward, (lean over right leg) kick right foot forward
- 7-8 Step back on right, step left beside right, step forward right

LEFT TOGETHER LEFT, CLAP, RIGHT TOGETHER RIGHT, CLAP, (SUPREMES STEP)

- 1-2 Step diagonally forward left, step right together
- 3-4 Step diagonally forward left, touch right together & clap
- 5-6 Step diagonally forward right, touch left together

7-8 Step diagonally forward left, touch right together & clap

LEFT ROCK, BEHIND & CROSS, RIGHT ROCK, BEHIND & TOUCH

1-2 Rock left to left, recover weight onto right
3&4 Cross left behind right, step right to right, cross left over right
5-6 Rock right to right, recover weight onto left
7&8 Cross right behind left, step left to left side, touch right beside left

STEP, TOUCH, STEP TOUCH, KICK BALL CHANGE, KICK BALL CHANGE

1-2 Step right to right, touch left beside right
3-4 Step left to left, touch right beside left
5&6 Kick right foot forward, step back right, step forward left
7&8 Kick right foot forward, step back right, step forward left

STEP, PIVOT ½, STEP, POINT & ¼ FLICK

1-2 Step forward right, pivot ½ turn left
&3 Step right beside left, point left to left side
&4 Step left beside right making ¼ turn left, flick right foot
5-6 Step forward on right, pivot ½ turn left
7-8 Make ¼ turn left, stepping right foot a large step to the right, slide left foot touch beside right

SLIDE, TOUCH & HEEL & TOUCH, SLIDE, TOUCH & HEEL & TOUCH

1-2 Step left large step to the left, slide right up to left & touch beside left
&3 Step back on right, touch left heel forward
&4 Step left beside right, touch right foot beside left
5-6 Step right large step to the right, slide left up to right & touch beside right
&7 Step back on left, touch right heel forward
&8 Step right beside left, touch left beside right

SIDE, TOGETHER, SIDE SHUFFLE LEFT, ROCK, RECOVER, STEP, SLIDE, TOUCH

1-2 Step left to left, step right beside left
3&4 Step left to left, step right beside left, step left to left
5-6 Rock right behind left, recover weight onto left
7-8 Step right large step to right, slide left towards right, step left beside right

GRAPEVINE RIGHT, STEP ¼ TURN LEFT, CROSS ¾ UNWIND

1-2 Step right to right, cross left behind right
3-4 Step right to right, touch left beside right
5-6 Step left ¼ turn left, cross right over left
7-8 Unwind ¾ turn left

TAG:

Just repeat the last section of part B

GRAPEVINE RIGHT, STEP ¼ TURN LEFT, CROSS ¾ UNWIND

1-2 Step right to right, cross left behind right
3-4 Step right to right, touch left beside right
5-6 Step left ¼ turn left, cross right over left
7-8 Unwind ¾ turn left
