

Can You Move It Like This

COPPER KNOB
BY STEPSHEETS

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



Sequence: A, BB, AA, BRIDGE, BB, AA, BRIDGE, BRIDGE, B (but dance 4 Dorothy steps instead of two and 6 skate steps instead of two), A to end

PART A

SCUFF, TOUCH, HOLD AND TWIST - TURN HEAD ¼ TO THE LEFT, SWIVEL FEET ¼ LEFT TURNING TO THE RIGHT, KICK LEFT FOOT DIAGONALLY FORWARD

- 1-2 Scuff right foot forward, touch right toe in front of left toe
- 3&4 Hold count 3 then twist heels out then in
- 5 Turn head and left shoulder sharply with a slight shrug ¼ to the left
- 6&7 Twist heels right, left, right now head and body facing 9:00
- 8 Kick left foot out diagonally left

SYNCOPATED SAILOR STEP - ½ TURN AND STEP - SIDE TOUCHES AND TWIST HEELS OUT AND IN

- &1-2 Step left foot behind right foot on count & replace weight onto right foot count 1, step left foot to the left
- 3-4 Turn ½ right on ball of left foot closing right foot to left foot on count 3 then point left toe out to the left side
- &5&6 Touch right toe out to the right, then left toe out to the left
- &7&8 Close left foot to right foot, hold count 7, then twist heels out then back together

WEAVE LEFT WITH A ¼ TURN, PIVOT ½ LEFT - SIDE STEP WITH QUICK JUMPS TO THE RIGHT

- 1-2& Step left foot out to the left, step right foot behind left foot, on count & step left foot to left with a ¼ turn left
- 3-4 Step forward right foot, pivot ½ left taking weight onto left foot
- 5-6 Step right foot to the right then hold count 6
- &7&8 Two quick jumps to the right . Left-right-left-right

HEEL & TOE MOVING BACKWARDS MASHED POTATO STEPS - BACK ROCK

- 1&2&3&4 Left heel diagonally left forward, quickly replace left foot to right foot, touch right toe next to left foot, step back on right foot, left heel diagonally forward, quickly replace left foot to right foot, touch right toe next to left foot
- 5&6-7&8 Two mashed potato steps, hold count 7, quick rock back on right foot on count & taking weight forward onto left foot on count 8.

PART B

TWO WALKS FORWARD WITH HIP BUMPS, FORWARD ROCK AND BACK COASTER STEP

- 1&2 Walk forward on right foot bumping hips forward, back and forward
- 3&4 Walk forward on left foot bumping hips forward, back and forward
- 5-6 Forward rock on the right foot, transfer weight back onto left foot
- 7&8 Back coaster step on the right foot

FORWARD ROCK- TRIPLE STEP FULL TURN TO THE LEFT MONTEREY ½ TURN, END WITH A ROCK AND CROSS

- 1-2 Rock forward on left foot, transfer weight back onto right foot
- 3&4 Triple step full turn to the left
- 5-6 Monterey ½ turn to the right
- 7&8 Syncopated rock out to the left and cross left foot over right foot

HOLD - QUICK ROCK ¼ LEFT, MONTEREY ½ TURN ENDING WITH ROCK AND CROSS, TWO PADDLE STEPS TURNING LEFT

- 1&2 Hold count 1, quick rock out to the right on ball of right foot turning ¼ left stepping forward onto left foot
- 3-4 Monterey ½ turn to the right
- 5&6 Syncopated rock out to the left and cross left foot over right foot
- 7-8 Turning on ball of left foot paddle turn ½ left

TWO PADDLE TURNS TO LEFT - DOROTHY STEPS RIGHT AND LEFT SKATES RIGHT THEN LEFT

- 1-2 Continue turning another ½ left with two paddle turns
- 3&4 Dorothy step to the right
- 5&6 Dorothy step to the left
- 7-8 Skate to the right then left

16 COUNT BRIDGE

SCUFF OUT TAP TAP, SCUFF OUT TAP TAP - SWIVELS BRINGING FEET TOGETHER MASHED POTATO STEPS MOVING BACK

- 1-4 Scuff right foot beside left foot then take it out to the right and tap right heel twice
- 5-8 Scuff left foot beside right foot then take it out to the left and tap left heel twice
- 9-12 Swivel toes in then heels in then toes in then heels in
- 1&2 Mashed potato steps moving backwards, start with right foot
- 3&4 Mashed potato steps moving backwards, start with right foot
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