

You Gotta Move It

COPPER KNOB
STEPPERS

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Gerald Biggs (USA) - April 2008
音樂: Tribal Dance - Beat Bliss : (CD: Sports Mix)



Also:

Long Long Way, by Alan Jackson, CD: Good Time

How Long, by The Eagles, CD: Long Road Out Of Eden

Intro: start dance at end of first drum roll, when horns start

TOE SWITCHES, CLAP, SHUFFLE STEP FORWARD

1&2& Touch RT toe to RT side, Step RT next to LT, Touch LT toe to LT side, Step LT next to RT
3-4 Touch RT toe to RT side, Clap
5&6 Shuffle step forward, R,L,R
7&8 Shuffle step forward, L,R,L

FORWARD ROCK RECOVER, UNWIND ½ TURN RT, LT SIDE SHUFFLE , RT HEEL TOE TOUCH

1-2 Rock forward on RT, Recover back on LT
3-4 Step RT toe behind LT heel, Pivot ½ turn RT
5&6 Shuffle side LT, L,R,L
7-8 Touch RT heel forward, Touch RT toe next to LT foot

RT SIDE SHUFFLE, TOE POINTS, SAILOR STEP, ¼ TURN LT

1&2 Shuffle side RT, R,L,R
3-4 Point (touch) LT toe forward (6:00) Point (touch) LT toe to side (3:00)
5&6 Step LT behind RT, Step RT to side, Step LT next to RT
7-8 Step forward RT, Pivot ¼ turn LT (weight LT)

WALK FORWARD, ROCK RECOVER, COASTER STEP, STEP TURN

1-2 Walk forward, R,L,
3-4 Rock forward on RT, Recover back on LT
5&6 Step back RT, Step LT next to RT, Step forward RT
7-8 Step forward LT while turning ¼ turn RT, Touch RT toe next to LT

SAILOR STEP, STEP TURN, HEEL TOUCHES, CLAP

1&2 Step RT behind LT, Step LT to side, Step RT next to LT
3-4 Step forward LT while turning ¼ turn RT, Touch RT toe next to LT
5&6& Touch RT heel forward, Step RT next to LT, Touch LT heel forward, Step LT next to RT
7-8 Touch RT heel forward, Clap

SHUFFLE SIDE RT, ROCK RECOVER, SHUFFLE SIDE LT ROCK RECOVER

1&2 Shuffle side RT, R,L,R
3-4 Rock back on LT, Recover forward on RT
5&6 Shuffle side LT, L,R,L
7-8 Rock back on RT, Recover forward on LT

Repeat