

The Secret Move

COPPER KNOB
STEPSHEETS

拍數: 144 牆數: 1
編舞者: John Ng (SG) - January 2012
音樂: Love is Move - Secret

級數: Phrased Intermediate / Advanced



Sequence: 24 counts, A B B C D / A B C D / A B40 D D / A

PART A – 32 counts

KICKS R-L-R-L

1-4 Kick right forward, step right beside left, kick left forward, step left beside right

5-8 Kick right forward, step right beside left, kick left forward, step left beside right

(Styling : Opposite index finger pointing forward each time kick)

ARM MOVEMENTS

1 Right hand tap on left shoulder and left hand tap on right hip while pushing hips to left

2 Right hand tap on right shoulder and left hand tap on left hip while pushing hips to right

3 Right hand tap on left shoulder and left hand tap on left shoulder while pushing hips to left

4 Straighten both arm forward with both index finger pointing forward

5-8 Repeat above 4 counts

KICKS R-L-R-L

1-4 Kick right forward, step right beside left, kick left forward, step left beside right

5-8 Kick right forward, step right beside left, kick left forward, step left beside right

(Styling: Opposite index finger pointing forward each time kick)

ARM MOVEMENTS

1 Right hand tap on left shoulder and left hand tap on right hip while pushing hips to left

2 Right hand tap on right shoulder and left hand tap on left hip while pushing hips to right

3 Right hand tap on left shoulder and left hand tap on left shoulder while pushing hips to left

4 Straighten both arm forward with both index finger pointing forward

5-8 Repeat above 4 counts

PART B – 48 counts

TWIST TO RIGHT, RETRO-STYLE ARM MOVEMENTS

1-4 Twist heels to right, twist toes to right, twist heels to right, twist toes to right

5-6 With both fist clenched, move right arm up and left arm down (5), move right arm down and left arm up (6)

7-8 Repeat counts 5-6

TWIST TO LEFT, RETRO-STYLE ARM MOVEMENTS

1-4 Twist heels to left, twist toes to left, twist heels to left, twist toes to left

5-8 With both fist clenched, move right arm up and left arm down (5), move right arm down and left arm up (6)

7-8 Repeat counts 5-6

TOE STRUTS R-L-R-L WALK AROUND ½ R

1-2 ¼ turn right touch right toe forward, drop right heel down

3-4 Touch left toe forward, drop left heel down

5-6 ¼ turn right touch right toe forward, drop right heel down

7-8 Touch left toe forward, drop left heel down

STEP, SCUFF, CROSS, HOLD, UNWIND ½ R, SHIMMY

1-2 Step forward on right, scuff left

- 3-4 Cross left over right, hold one count
- 5-6 Unwind ½ turn right over 2 counts
- 7&8 Shimmy shoulders

LOCK STEPS FORWARD

- 1-4 Step forward on right, lock left behind right, step forward on right, touch left beside right
- 5-8 Step forward on left, lock right behind left, step forward on left, touch right beside left

BACK, HOLD, BACK, HOLD, HIP ROLL

- 1-2 Step back on right, hold 1 count
- 3-4 Step left beside right, hold 1 count
- 5-8 Roll hips counter-clockwise over 4 counts

PART C – 32 counts

DIAGONAL STEP TOUCHES

- 1-2 Step forward on right diagonal, touch left beside
- 3-4 Step back on left diagonal, touch right beside left
- 5-6 Step back on right diagonal, touch left beside right
- 7-8 Step forward on left diagonal, touch right beside left

PIVOT ½ L TWICE, OUT OUT, IN IN

- 1-2 Step forward on right, pivot ½ turn left
- 3-4 Step forward on right, pivot ½ turn left
- 5-6 Step diagonally forward on right, step diagonally forward on left
- 7-8 Step back on right, step left beside right

JUMP OPEN, HOLD 3 COUNTS, UPPER BODY TWIST TO L WITH KICK, HOLD 3 COUNTS

- 1 Jump open with feet apart on the spot
- 2-4 Hold for 3 counts
- &5 Twist upper body left and right foot to left, return upper body to center and step right to right (shoulder width apart)
- 6-8 Hold for 3 counts

JUMP, ARM MOVEMENTS

- 1 With feet still apart, jump on the spot
- 2-8 With both index finger pointed and arms at shoulder level, move right fore arm up and left fore arm down

Move with the beat of the music for counts 2-8

PART D – 32 counts

'LOVE IS MOVE' ARM MOVEMENTS

- 1-2 Swing arms in a circle ending with both index finger pointed forward at chest level, hold 1 count
- 3-4 Swing arms in a circle ending with both palms facing forward at chest level, hold 1 count
- 5-6 Swing arms in a circle ending with both index finger pointed forward at chest level, hold 1 count
- 7-8 Swing arms in a circle ending with both palms facing forward at chest level, hold 1 count

RIGHT HAND SWEEP

- 1-8 With right index finger pointed, moving right hand/arm from left to right in front of body, parallel to ground

'LOVE IS MOVE' ARM MOVEMENTS

- 1-2 Swing arms in a circle ending with both index finger pointed forward at chest level, hold 1 count
- 3-4 Swing arms in a circle ending with both palms facing forward at chest level, hold 1 count

- 5-6 Swing arms in a circle ending with both index finger pointed forward at chest level, hold 1 count
- 7-8 Swing arms in a circle ending with both palms facing forward at chest level, hold 1 count

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