

Move In The Right Direction

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Matt Atkinson (UK) - June 2012
音樂: Move in the Right Direction - Gossip : (Album: A Joyful Noise - 3:32)



[1 – 8] Rock, Recover, Coaster Step, Left Rock, Recover, Behind-Side-Turn

- 1 – 2 (1) step right foot forward, (2) recover weight onto left foot
3 & 4 (3) step right foot back, (&) step left foot next to right, (4) step right foot slightly forward
5 – 6 (5) step left foot to left side, (6) recover weight onto right foot
7 & 8 (7) step left foot behind right, (&) step right foot forward turning ¼ right, (8) step left foot forward

[9 – 16] Walk, Walk, Shuffle, Step, Step, Back Shuffle

- 9 – 10 (9) step right foot forward, (10) step left foot forward
11 & 12 (11) step right foot slightly forward, (&) step left foot to meet right, (12) step right foot forward
13 – 14 (13) step left foot forward, (14) step right foot in place * styling: sway hips forward (13) and back (14)
15 & 16 (15) step left foot back, (&) step right foot back to meet left, (16) step left foot back

[17 – 24] Touch, Turn, Touch-Step, Touch-Step, Cross, Back

- 17 – 18 (17) touch right toes back, (18) on balls of feet make a ¼ turn right
19 – 20 (19) touch left foot next to right, (20) step left foot to left side
21 – 22 (21) touch right foot next to left, (22) step right to right side (small step)
23 – 24 (23) cross step left over right, (24) step right foot back

[25 – 32] Step, Touch, Step, Turn, Step, Pivot, Triple-Step

- 25 – 26 (25) step left foot to left side, (26) touch right foot next to left
27 – 28 (27) step right foot back, (28) make ¼ left stepping forward on left foot
29 – 30 (29) small step forward on right foot, (30) pivot ½ over left shoulder
31 & 32 (31&32) triple step over left shoulder stepping R,L,R or small shuffle R,L,R

[33 – 40] Walk, Walk, Shuffle, Rock, Recover, Rock, Recover

- 33 – 34 (33) step left foot forward, (34) step right foot forward
35 & 36 (35) step left foot slightly forward, (&) step right foot to meet left, (36) step left foot slightly forward
37 – 38 (37) step right foot forward, (38) recover weight onto left foot
39 – 40 (39) step right foot backward, (40) recover weight onto left foot

[41 – 48] Turn, Touch, Side Chasse, Behind-Side-Cross-Side

- 41 – 42 (41) making a ¼ turn left step right foot to the right, (42) touch left foot next to right
43 & 44 (43) step left foot to the left, (&) step right foot next to the left, (44) step left foot to the left
45 – 46 (45) step right foot behind left, (46) step left foot to the left
47 – 48 (47) cross step right foot over left, (48) step left foot to left side

* RESTART HERE ON 2ND WALL *

[49 – 56] Rock Back, Recover, Turning Shuffle, Turning Shuffle, Step, Pivot

- 49 – 50 (49) step right foot back, (50) recover weight onto left foot
51 & 52 (51 & 52) ½ turn shuffle over left shoulder stepping R, L, R
53 & 54 (53 & 54) ½ turn shuffle over left shoulder stepping L, R, L
55 – 56 (55) step right foot forward, (56) pivot ½ over left shoulder

[57 – 64] Step, Touch, Turn, Touch, Step, Touch, Turn, Touch

- 57 – 58 (57) diagonally step right to right corner, (58) touch left foot next to right

59 – 60 (59) making $\frac{1}{4}$ turn right, step back left, (60) touch right foot next to left
61 – 62 (61) diagonally step right to right corner, (62) touch left foot next to right
63 – 64 (63) making $\frac{1}{4}$ turn right, step back left, (64) touch right foot next to left
