

# Make Me Move

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Paul James (UK) & David-Ian Blakeley (UK) - April 2014  
音樂: Make Me - Janet Jackson : (iTunes)



## [1-8] □ Out, Out, In, In, Out, Out, Heels, Toes, Heels, Heel Switches, Step Forward.

- &1, &2      Step right foot out to right side (&), Step left foot out to left side (1), Step right foot in to centre (&), Step left foot next to right (2).
- &3      Step right foot out to right side (&), Step left foot out to left side (3).
- 4&5      Bring in both heels (4), Bring in both toes (&), Bring in both heels (5).
- 6&7      Touch right heel forward (6), Bring right foot back to centre taking weight (&), Touch left heel forward (7).
- &8      Bring left foot back to centre taking weight (&), Step forward on to right foot.

## [9-16] □ ¼ turn left, Behind, Side, In front, Switch right & Left, Point, Switch Left & right.

- 1-2&3      Make ¼ turn left (1), Step left foot behind right (2), Step right to right side (&), Cross left foot in front of right (3)
- 4&5      Touch right toe to right side (4), Bring right foot to centre taking weight (&), Touch left toe to left side (5).
- 6-7&8      Point Left toe to front (6), Touch left toe to left (7), Bring left foot to centre taking weight (&), Touch right toe to right side (8).

## [17-24] □ Cross, Hold, Back, Side, Forward Left, Forward Right, Heel twists making ½ turn.

- 1-2-3-4      Cross right foot over left (1), Hold (2), Step left foot Back (3), Step right foot to right (shoulder width apart) (4)
- 5-6      Step forward on left foot (5), Step forward on right foot (6)
- 7&8      Twist heels to right making ¼ turn left (7), Twist heels to left (&), Twist heels to right making ¼ turn left (8).

## [25-32] □ Coaster Step, Step forward, Cross, unwind, Kick ball side, touch.

- 1&2      Step back on left foot (1), Step right next to left (&), Step forward on left (2)
- 3-4-5      Step forward on right foot (3), Cross left foot behind right (4), Unwind a full turn over left shoulder (5)
- 6&7-8      Kick right foot forward (6), Step down on right foot (&), Take a large step to the left with your left foot (7) Touch right next to left (8)

End of Dance – Happy Dancing

Contact: [Cudgeecoo@yahoo.com](mailto:Cudgeecoo@yahoo.com) - [David.i.blakeley@googlemail.com](mailto:David.i.blakeley@googlemail.com)