

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

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