

# Built To Move

COPPER KNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Phrased Low Intermediate  
編舞者: Betty Moses (USA) & Jamie Marshall (USA) - April 2014  
音樂: Built to Move (Sassy Girl's Anthem) - Cowboy Troy



Intro: 32 counts – Phrasing: A,B,B,A,B,B,A- (first 16),B TO END  
(B IS THE CHORUS/INSTRUMENTAL PARTS)

## PART A (VERSE)

### [1-8] □CROSS TOE STRUT, BACK TOE STRUT, SWAY/SWAY, TRIPLE R

1-2            Touch R toe over L, Drop R heel down  
3-4            Touch L toe back, Drop L heel down  
5-6            Step R to side swaying hips R, Sway hips L  
7&8           Triple to the R (12:00)

### [9-16] □CROSS, ¼ L, BACK TRIPLE 1/2 L ROCK, RECOVER, WALK, WALK □

1-2            Cross L over R, Turn ¼ L, stepping R back (9:00)  
3&4           Triple half turn L stepping L,R,L (6:00)  
5-6            Rock R back, Recover onto L  
7-8            Walk forward R,L (with attitude)

### [17-24] ¼ Monterey Turn R, ¼ turn HEEL GRIND R, R COASTER

1-2            Point R to R, Turn ¼ R stepping R next to L (9:00)  
3-4            Point L to L, Step L next to R  
5,6            R heel grind turning ¼ R (12:00)  
7&8           Step R back, Step L next to R, Step R forward

### [25-32] □JAZZ BOX, JAZZ TRIANGLE

1-4            Cross L over R, Step back R, Step L to L, Brush R forward  
5-8            Step R over L, Turn 1/8 L, stepping back on L, Step R to R, Step L next to R

## PART B (CHORUS/INSTRUMENTAL)

### [1-8] □HIP BUMPS, COUNTER-CLOCKWISE HIP ROLL

1-2            Step R to R as bump hips to R (2x)  
3-4            Bump hips to R (2x)  
5-8            Counter- clockwise hip rolls (2x)

### [9-16] □¼ PIVOT STEPS WITH HIP ROLLS (2x), Cross Rock/Recover, Side Rock/Recover

1-4            Step R to R, Pivot ¼ R, rolling hips counter-clockwise (2x) 6:00  
5-6            Rock R over L, Recover on L  
7-8            Rock R to side pushing hip out, Recover on L

### [17-24] □Cross Back TRIPLE R, Jazz Box ¼ L, Brush

1-2            Cross R over L, Step back on L  
3&4            Triple to the R  
5-8            Cross L over R, Step back on R turning ¼ L, Step L to side, Brush R forward (3:00)

### [25-32] □STEP, HOLD W/ SNAP, PIVOT ½, HOLD (2X)

1-2            Step R forward, Hold w/ Snap  
3-4            Pivot ½ L, Stepping L in place  
5-6            Step R forward, Hold w/ Snap  
7-8            Pivot ½ L, Stepping L in place

B MOSES: [dorbmoses@msn.com](mailto:dorbmoses@msn.com) – [www.love2linedance.com](http://www.love2linedance.com)  
J MARSHALL: [thejamiemarshall@att.net](mailto:thejamiemarshall@att.net) – [www.ftwaynedanceforall.com](http://www.ftwaynedanceforall.com)

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