Can U Move It?

Count: 0 **Wall:** 2 **Level:** Intermediate
Choreographer: Dawn Sherlock (UK), Shaz Walton (UK) & Ben Martin (UK)
Music: Move It Like This - Baha Men

Sequence: A B A B- (24) B A B TAG A to the end

PART A (THE CHORUS)
TOUCH, KNEE POPS, TOUCH TOGETHER, STEP TOGETHER, LARGE STEP & SHIMMY

1-2	Touch right to right side, pop right knee in towards left
3-4	Pop right knee out to right, touch right beside left
5	Step right foot a large step to the right
6-7	Slide left foot towards right
8	Step left beside right

Steps 5-8 shimmy shoulders! "can you shake it like this!"

HEEL & HEEL & STEP SLIDE, LARGE STEP & SHIMMY

1&	Touch right heel forward, step right beside left
2&	Touch left heel forward, step left beside right
3-4	Step right foot a large step forward, touch left beside right

Optional styling: lean back on the large step forward

5	Step left foot a large step to the left
6-7	Slide right foot towards left
8	Touch right beside left

Steps 5-8 shimmy shoulders! "can you shake it like this!"

FULL TURN BACKWARDS, LARGE STEP RIGHT & SHIMMY

1-2	Step right foot ½ turn right, step left forward
3-4	Make ½ turn right stepping right forward, step left together
5	Step right foot a large step to the right
6-7	Slide left foot towards right
8	Step left beside right

Steps 5-8 shimmy shoulders! "can you shake it like this!"

FUNKY WALKS FORWARD & BACKWARDS, HIP BUMPS, HIP ROLL

1	Step right foot diagonally forward right, pushing right hip forward & out to the right
2	Step left foot diagonally forward left, pushing left hip forward & out to the left
3-4	Step right foot back, step left foot back - remember to use those hips!
5&6	Bump hips - right- center- right
7-8	Roll hips to the left over 2 counts, (weight ending on left)

PART B
STEP, PIVOT, KICK BALL STEP, PRESS, KICK, COASTER STEP

1-2	Step right foot forward, pivot ½ turn left
3&4	Kick right foot forward, step back on right, step left foot forward
5-6	Press right foot forward, (lean over right leg) kick right foot forward
7-8	Step back on right, step left beside right, step forward right

LEFT TOGETHER LEFT, CLAP, RIGHT TOGETHER RIGHT, CLAP, (SUPREMES STEP)

1-2	Step diagonally forward left, step right together
3-4	Step diagonally forward left, touch right together & clap
5-6	Step diagonally forward right, touch left together

7-8 Step diagonally forward left, touch right together & clap

LEFT ROCK, BEHIND & CROSS, RIGHT ROCK, BEHIND & TOUCH

1-2 Rock left to left, recover weight onto right
3&4 Cross left behind right, step right to right, cross left over right
5-6 Rock right to right, recover weight onto left
7&8 Cross right behind left, step left to left side, touch right beside left

STEP, TOUCH, STEP TOUCH, KICK BALL CHANGE, KICK BALL CHANGE

1-2 Step right to right, touch left beside right
3-4 Step left to left, touch right beside left
5&6 Kick right foot forward, step back right, step forward left
7&8 Kick right foot forward, step back right, step forward left

STEP, PIVOT ½, STEP, POINT & ¼ FLICK

1-2 Step forward right, pivot ½ turn left
&3 Step right beside left, point left to left side
&4 Step left beside right making ¼ turn left, flick right foot
5-6 Step forward on right, pivot ½ turn left
7-8 Make ¼ turn left, stepping right foot a large step to the right, slide left foot touch beside right

SLIDE, TOUCH & HEEL & TOUCH, SLIDE, TOUCH & HEEL & TOUCH

1-2 Step left large step to the left, slide right up to left & touch beside left
&3 Step back on right, touch left heel forward
&4 Step left beside right, touch right foot beside left
5-6 Step right large step to the right, slide left up to right & touch beside right
&7 Step back on left, touch right heel forward
&8 Step right beside left, touch left beside right

SIDE, TOGETHER, SIDE SHUFFLE LEFT, ROCK, RECOVER, STEP, SLIDE, TOUCH

1-2 Step left to left, step right beside left
3&4 Step left to left, step right beside left, step left to left
5-6 Rock right behind left, recover weight onto left
7-8 Step right large step to right, slide left towards right, step left beside right

GRAPEVINE RIGHT, STEP ¼ TURN LEFT, CROSS ¾ UNWIND

1-2 Step right to right, cross left behind right
3-4 Step right to right, touch left beside right
5-6 Step left ¼ turn left, cross right over left
7-8 Unwind ¾ turn left

TAG:
Just repeat the last section of part B
GRAPEVINE RIGHT, STEP ¼ TURN LEFT, CROSS ¾ UNWIND

1-2 Step right to right, cross left behind right
3-4 Step right to right, touch left beside right
5-6 Step left ¼ turn left, cross right over left
7-8 Unwind ¾ turn left