Make U Move!



Count: 0 Wall: 2 Level: Intermediate/Advanced

Choreographer: Steve Rutter (UK)

Music: Make You Dance - Chica



Sequence: A, A, B, Tag, A, A, B, B, A, B, B

PART A

Danced on verse

FORWARD ROCK, SWEEP, TOUCH, HEEL JACK, ½ TURN RIGHT

1& Rock forward on right, recover weight onto left
2-3 Sweep right round from front to back over 2 counts

4 Touch right toe behind left

&5 Step back on right, touch left heel forward

&6 Close left beside right, touch right toe beside left

7-8 Make a quarter turn right stepping right forward, make a quarter turn right stepping left to left

side

SAILOR STEP, WEAVE WITH ¼ TURN RIGHT, STEP FORWARD, PIVOT ½ TURN RIGHT, STEP FORWARD

Cross right behind left, step left beside right, step right to right side
Cross left over right, step right to right side
Cross left behind right, make a quarter turn right stepping right forward, step left forward
Pivot a half turn right (keeping weight on left), step weight onto right

LOCK STEP FORWARD, KICK, CROSS, COASTER STEP, HOLD, BALL-STEP

Step forward on left, lock right behind left, step forward on left
Kick right forward to right diagonal, cross right over left
Step back on left, close right beside left, step forward on left
Hold

&8 Close right beside left, step forward on left

FORWARD ROCK, ½ TURN RIGHT, STEP FORWARD, TOE TOUCH, KNEE SWINGS, ¼ TURN RIGHT, STEP FORWARD, PIVOT ½ TURN RIGHT, STEP FORWARD

Rock forward on right, recover weight onto left, make a half turn right stepping right forward

Step forward on left, touch right toe beside left

Swing right knee inwards towards left, swing right knee outwards to face 45 degrees right

6 Make a quarter turn right stepping forward right

7&8 Step forward on left, pivot a half turn right, step forward on left

PART B

Danced on chorus

FORWARD ROCK, ¼ TURN RIGHT, CHUG ¼ TURN TWICE, TOE TOUCH, LEFT SLIDE OUT (BENDING RIGHT KNEE), HITCH, LEFT LOCK STEP

1&2 Rock forward on right, recover on left, make a quarter turn right stepping right forward

3-4 Make a quarter turn right touching left toe to left side, make a quarter turn right touching left to left side

5 Touch left toe beside right

6 Bending right knee slide left foot outwards to left side (still keeping weight on right)

7 Straitening right leg hitch left knee

8&1 Step left forward, lock right behind left, step left forward

FORWARD ROCK, ½ TURN RIGHT, HIP BUMPS WITH HAND WAVES, HOLD

2-3 Rock forward on right, recover weight onto left4 Make a half turn right stepping forward on right

5-7 Step left to left side bumping hips left, bump hips right, bump hips left

8 Hold

Arms

5-7 Raise arms in the air and wave hands left, right, left

SAILOR STEP, TOE TOUCHES, BALL-STEP, CLOSE, BODY ROLL

1&2 Cross right behind left, step left beside right, step right to right side

3-4 Touch left toe beside right, touch left toe to left side

&5 Close left beside right, step right forward

6 Close left beside right

7-8 Make a body roll from the knees upwards over 2 counts

FORWARD ROCK, ½ TURN RIGHT, STEP FORWARD, TOUCH-BALL-STEP, ¼ TURN LEFT, HIP BUMPS

1&2 Rock forward on right, recover weight onto left, make a half turn right stepping right forward

3 Step forward on left

Touch right toe beside left, step weight onto right, step forward on left

6 Make a quarter turn left stepping right to right side 7-8 Stepping weight onto left bump hips left twice

TAG

To be executed at the end of the first Part B

FORWARD ROCK, SWEEP, TOUCH, HEEL JACK, ½ TURN RIGHT

1&	Rock forward on right, recover weight onto left
2-3	Sweep right round from front to back over 2 counts

4 Touch right toe behind left

&5 Step back on right, touch left heel forward

&6 Close left beside right, touch right toe beside left

7-8 Make a quarter turn right stepping right forward, make a quarter turn right stepping left to left

side

SAILOR ½ TURN RIGHT, SIDE STEP, TOUCH-BALL-FORWARD ROCK, ½ TURN LEFT, DRAG

1&2 Cross right behind left, make a quarter turn right stepping left beside right, make a quarter

turn right stepping right forward

3 Step left to left side

Touch right toe beside left, place weight onto right Rock forward on left, recover weight onto right

7-8 Make a half turn left stepping left forward, drag right up to left (no weight)