Movin' & Shakin'

Count: 32   **Wall:** 4   **Level:** Intermediate

Choreographer: Cindi Talbot (CAN)

Music: Move It Like This - Baha Men

SHUFFLE FORWARD, PIVOT ½ RIGHT, STEP FORWARD ROCK HIPS

1&2	Shuffle forward right-left-right
3-4	Step forward left, pivot ½ right putting weight on right
5-6	Step forward left rocking hips forward, rock hips back
7-8	Rock hips forward, rock hips back (weight on right lifting left heel)

SHUFFLE FORWARD, PIVOT ½ LEFT, RUNNING MAN

9&10	Shuffle forward left-right-left
11-12	Step forward right, pivot ½ left putting weight on left
13&	Step forward on right, hitch left knee while sliding back on right
14&	Step forward on left, hitch right knee while sliding back on left
15&	Step forward on right, hitch left knee sliding slightly back on right
16	Step forward on left

BIG STEP/HEEL SWIVELS/½ TURN/ ¼ TURN

17-18	Take big step right to right, swivel left toes in toward right
19&	Swivel left heel in toward right, swivel left toes in toward right
20	Swivel left heel in (feet should be together with weight on right)
21-22	Step forward left, pivot ½ turn right
23-24	Step forward left, pivot ¼ turn right(weight on right)

ELECTRIC SLIDE LEFT, STEP SLIDE STEP (BACK), STEP BACK & BUMP

25&	Step left to left, step right beside left
26&	Step left to left, step right beside left
27-28	Make long step to left with left, drag right toe to touch beside left
29&30	Step back diagonally right, slide left to meet right, step right back diagonally right
31&32	Step back on left, bumping hips back, bump hips forward, bump hips back

REPEAT

TAG
When dancing to "Move It Like This", you start with the lyrics, dance the sequence 4 times, after the first 16 counts of the fifth sequence, insert this 8 count tag, then start the dance from the beginning (you will be facing the front)

1-2	Step right out to right, step left out to left
3-4	Step right in, step left in
5-6	Dip hips down right, down left(bend knees to dip)
7-8	Straighten knees rocking hips right then left