In Motion



Compte: 32 Mur: 0 Niveau: Intermediate

Chorégraphe: Rémi Lemaire (FR) - December 2015

Musique: In Motion - Jon Ali



[1-8] STEP BACK TWICE - COASTER STEP - BALL STEP - STEP 1/4 TURN - SAILOR STEP 1/4 TURN

1-2 Step Back R, step back L

3&4 Coaster Step R

&5-6 Step L next to R, step forward on R, Step L to L side with 1/4 turn to R

7&8 Sailor Step R in 1/4 turn on R

[19 – 16] UNWIND 3/4 TURN WITH SWEEP - CROSS - SIDE - BEHIND - SIDE - ROCK WITH 1/4 TURN - STEP 1/4 - CROSS BEHIND

1-2 Unwind 3/4 turn to L with sweep R
3-4 Cross R over L, Step L to L
5& Cross R behind L, Step L to L

6&7 Cross Rock Step R over L (6&), Step R in 1/4 turn to R (7),

&8 Poser L to L in 1/4 turn to R, Cross R behind L

$[17-24]\square$ STEP SIDE - ROCK FWD - SWEEP - SAILOR STEP - SAILOR STEP 1/4 TURN R - HALF TURN R

- L

&1-2 Step L to L, Rock Step R forward, Sweep R from forward to backward

3&4 Sailor Step R

5&6 Sailor Step L in 1/4 to R

7-8 Step forward on R in 1/2 turn to R, Step back on L with 1/2 turn to R

[25-32]□COASTER STEP - STEP FWD TWICE - MAMBO 1/2 TURN - PADDLE TURN 1/4 TURN TWICE

1&2 Coaster step R

3-4 Step forward on L, Step forward on R

5&6 Mambo L forward, Step L forward in 1/2 turn to L

7-8 Touch R to R with 1/4 turn to L, Touch R to R with 1/4 turn to L

TAG: At the end of 8th wall add 4 count:

[1-4]□IN IN - OUT OUT - IN IN - BOUNCE

&1 Step R next to L, Step L next to R
&2 Step R to R side, Step L to L side
&3 Step R next to L, Step L next to R

&4 Bounce

Have fun

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