

Move Shake Drop Remix

Compte: 80

Mur: 4

Niveau: Phrased Advanced

Chorégraphe: Jenny Kron (USA) - March 2025

Musique: Move Shake Drop Remix - DJ Laz



Count In: Dance begins after 32 counts on the word "MOVE"

Sequence: ABB, ABB, AB, B(16), ACC B

Notes: A – 32 counts, B – 32 counts, C – 16 counts

Part A - 32 Counts

A1 BACK SWEEP X2, KNEE TOUCHES X 2, TOUCH GROUND, 1/2 TURN LEFT

- 1-2 Sweeping Right Foot from front to back, sweep Left Foot from front to back
- 3-4 Turn Right Knee inward, Step Right beside Left, Turn Left knee inward, Step Left beside Right.
- 5-6 Legs apart, bend over and touch the ground
- 7-8 Step forward on Right, 1/2 pivot turn on Left towards Left

A2: FULL TURN LEFT, ROCK FORWARD & BACK, TOUCH GROUND, 1/4 TURN LEFT

- 1-2 Turn 360* to the Left
- 3-4 Rock forward on Right Foot, Rock back on Left Foot
- 5-6 Jump Legs apart, bend over touch ground
- 7-8 Step Forward Right, pivot 1/4 turn Left

A3: TOOTSIE ROLL, HIP ROLL, RIGHT LEG SWEEPING SPIN

- 1-2 Tootsie Roll
- 3-4 Hip Roll Left to Right
- 5-6 Point Right Leg out, Hold
- 7-8 Left Full 360* spin around, Right Leg extended in a sweep

A4: STEP & SLIDE, BODY ROLL, HALF UNWIND OVER LEFT

- 1-2 Step Right Leg forward, slide Left Leg forward to meet the Right Foot
- 3-4 Body Roll
- & 5-6 Jump right foot out to Right side, jump Left Foot out to left side, put Left Foot behind Right Foot
- 7-8 Half Unwind Over Left Shoulder with 2 bounces

Part B: -32 Counts

B1: KICK & POINT, HIGH KICK, APPLE JACKS

- 1-2 Kick Right Foot Forward, Bring Right Foot next to Left Foot, Point Left Toe out to the Left
- 3-4 Cross Left Foot Over Right Foot, High-Kick out Right Leg sideways with 1/4 turn to Left
- 5-6 Set Right Foot down crossing over Left Foot, step out Left Foot
- 7-8 Applejacks (Right Toe with Left Heel, Then Left Toe with Right Heel)

B2: WALKING, SWIVEL HIPS, 1/4 TURN DRAG, TRIPLE STEP

- 1-2 Step Right Forward, step Left Forward
- 3-4 Step Right Forward, swivel heels Right (raise Right Hip), swivel heels to center
- 5-6 Drag Right Leg around in a half circle behind you with 1/4 turn to the Right
- 7-8 Triple Step ending on the Left Foot

B3: HEEL, TOE, HEEL, HOLD, TURNING RHUMBA BOX

- 1-2 Right Heel in front, Left Toe tap behind
- 3-4 Right Heel in front, Hold

& 5 & 6 & 7 & 8 Turning Rumba Box to the Left (1/4 turn to the Left while setting Right Foot down, tap Left Toe. 1/4 turn to the Left while setting Left Foot down, tap Right Toe. 1/4 turn to the Left while setting Right Foot down, tap Left Toe. 1/4 turn to the Left while setting Left Foot down, tap Right Toe.)

B4: SCUFF, HITCH STEP, HEEL OUT, KICK, HOP STEP FORWARD X4

- 1 & 2 Scuff Right Foot next to Left, Hitch Right Knee up, step down on Right Foot
- 3-4 Right Heel turns out to the Right, Right Heel comes back to center, Right Kick Forward
- 5-6 Hop Step Forward Right Diagonal bringing Left Toe to Right Foot, Hop Step Forward Left Diagonal bringing Right Toe to Left Foot
- 7-8 Hop Step Forward Right Diagonal bringing Left Toe to Right Foot, Hop Step Forward Left Diagonal bringing Right Toe to Left Foot

On the 9th wall, only do the 1st 16 counts of Part B, and then start over with Part A.

Part C: -16 Counts

C1: FORWARD KICKS, 1/4 TURN KICK, HIP ROLL, TRIPLE STEP, HITCHING TURN

- 1-2 Kick Right Foot Forward, 1/4 turn to the Right with a Right Forward Kick, (Set Right Foot down with legs apart)
- 3-4 Hip Roll
- 5-6 Triple step starting on Right Foot
- 7-8 Full Turn of 360* to the Right, while bringing Right Knee Hitched Up on the turn

C2: ROCK, LEFT, HITCH& TOE TAPS X4

- 1-2 Step Right Foot forward, Lift Left Leg Straight Out behind you
 - 3-4 Rock back on Left Foot, bring Right Knee Hitched Up
 - 5-6-7-8 Jump back on Right Foot, touch Left Toe to Right Foot, jump back on Left Foot, touch Right Toe to Left Foot, jump back on Right Foot, touch Left Toe to Right Foot, jump back on Left Foot, touch Right Toe to Left Foot.
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