Make U Move!



Compte: 0 Mur: 2 Niveau: Intermediate/Advanced

Chorégraphe: Steve Rutter (UK)

Musique: Make You Dance - Chica



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

PART A

7-8

Danced on verse

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

Rock forward on right, recover weight onto left 1& 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 1/4 TURN RIGHT, STEP FORWARD, PIVOT 1/2 TURN RIGHT, STEP **FORWARD**

1&2 Cross right behind left, step left beside right, step right to right side 3-4 Cross left over right, step right to right side 5&6 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

1&2 Step forward on left, lock right behind left, step forward on left 3-4 Kick right forward to right diagonal, cross right over left 5&6 Step back on left, close right beside left, step forward on left

7 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

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

3-4 Step forward on left, touch right toe beside left

&5 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

Rock forward on right, recover on left, make a quarter turn right stepping right forward 1&2 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	Taxaala oli olla taa aa la ala la da la fi

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 rightRock forward on left, recover weight onto right

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