

Human Motion

Compte: 32

Mur: 4

Niveau: Advanced

Chorégraphe: Guyton Mundy (USA)

Musique: AM to PM - Christina Milian



STEP, SAILOR, SAILOR, ¼ TURN SHOULDER BUMPS

- 1 Step forward left
- 2&3 Step right behind left, step together with left, step forward right
- 4&5 Step left behind right, step together with right, step forward left
- 6 ¼ turn pivot to the left
- 7&8 Shoulder bumps right-left-right

SAILOR, WALK BACKS, UPPER BODY PIVOT ½ TURN (TWICE), HITCH

- 1&2 Step behind right, step together left, step forward right
- 3-4-5 Walk back left-right-left
- 6-7-8 ½ turn to the left with upper body, ½ turn to the right with upper body, hitch left foot up

When doing the ½ to the left and right turns, just use the upper part of body in kind of a twisting motion

TOUCH ROCKS, HITCH ½ TURN, STEP, TOUCH, SAILOR

- 1-2 Rock forward left, recover back right
- 3-4 Step forward left, ½ turn to the left hitching right foot up
- 5-6 Step down crossing right foot in front of left, touch left toe to left side
- 7&8 Step behind left, step together right, step forward left

TOUCH, BACK STEP, SWITCH STEPS, TOUCH, STEP, SAILOR, TOUCH

- 1-2 Touch right toe forward, step back on right
- &3 Bring left foot to right foot, step back on right
- 4-5 Touch left next to right, step forward left
- 6&7 Step behind right, step together left, step forward right
- 8 Touch left next to right

REPEAT

TAG 1

After walls 1, 2, 3, 6

STEP, ARM MOVEMENTS

- 1 Step left out to left, bring both arms down, right in front of right leg, left in front of left leg
- 2 Bring arms up in a crossing motion, until palms are in front of face
- 3 Take right arm and twist down, right fingers should be on the inside of left elbow and take left arm and twist down, left fingers should be almost at right elbow
- & Lower right arm just a bit and bend right hand at wrist up (palm out to left) and raise left arm up just a bit and bend left hand at wrist down (palm in to left)

You should have a box in front of your chest now

- 4 Take right arm to the outside and bring it over left, while bending right wrist down, and left wrist up

You should have another box in front of you

- 5 With wrist still bent slide right arm to the right until right palm is on the back of left hand
- &6 Take left hand out and to the left in a circular motion, while the right hand follows down the left arm to the left shoulder, and cross to the right shoulder
- 7-8 Make circle to the right around head with right hand (twice)

HITCH, CROSS STEP, ROCK/RECOVER, SAILOR, STEP BEHIND, ¾ TURN

1-2	Hitch left foot up, cross left over right
3-4	Rock right out to right side, recover left
5&6	Step right behind left, step together left, step forward right
7-8	Step left behind right, unwind $\frac{3}{4}$ turn to the left

TAG 2

After wall 5

1-4	Do whatever you want for 4 counts. Body rolls, bumps, whatever.
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ENDING

The correct version of the song lasts about 3:52. Start dancing 32 counts after the heavy beat kicks in (around 0:35). You will finish with a big stomp forward on count 17 of wall 9.

You could start 32 counts earlier, as soon as the heavy beat starts at time 0:17. In that case, adjust tags accordingly.
