

Let Me Move You

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Phrased Intermediate
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音乐: Let Me Move You - Sabrina Carpenter



Intro 16 counts

Sequence : AB AA AB AA A

Part A

[1-8] KICK R, BALL, POINT L, KICK L, BALL, POINT R, HEEL, TOE, HITCH R, CROSS UNWIND L

- 1&2 Kick RF fw (1)*, Bring RF to side LF and switch bw on RF (&), Point LF to the left (2)*
- 3&4 Kick LF fw (3)*, Bring LF to side RF and switch bw on LF (&), Point RF to the right (4)*
- 5&6 Bring the right Heel inward (5), Bring the right Toe inward (&), Hitch with right knee (6)
- 7-8 Cross RF over LF (7), Make a full turn to the left with switch bw on RF (8)

* arms option: While doing the kick, bend both arms bringing them back to the chest and make snaps (1), While pointing the foot, lower both arms on each side and make snaps (2)

[9-16] ANCHOR STEP TWICE, SAILOR STEP ¼ TURN L, SLIDE, CLOSE

- 1&2 LF behind RF (1), Switch bw on RF (&), Recover bw on LF (2)
- 3&4 RF behind LF (3), Switch bw on LF (&), Recover bw on RF (4)
- 5&6 Make ¼ turn to the left crossing LF behind RF (5), RF to the right (&), Cross LF over RF (6)
9h
- 7-8 Make a big step to the right (7), Slide LF to bring it next to the RF (8)

[17-24] TWIST R, TWIST L, WALK R FW, CLOSE, DOUBLE KNEE POP TWICE

- 1&2 Turn both heels to the right (1), Turn both toes to the right (&), Turn both heels to the right (2)
- 3&4 Turn both heels to the left (3), Turn both toes to the left (&), Turn both heels to the left (4)
- 5-6 Step RF fw (5), Bring LF to side RF (6)
- 7-8 Bend both knees, pushing them slightly to the left front diagonal (7), and then to the front right diagonal (8)

[25-32] COASTER STEP R, CROSS ¼ T L, SIDE, ROCK BACK, SIDE, TOUCH WITH SNAP

- 1&2 Step back RF (1), Bring LF next to RF (&), Step RF fw (2),
- 3-4 Make ¼ turn to the left crossing LF over RF (3), RF to the right (4) 6h
- 5-6 Cross LF behind RF by slightly changing the bw on LF (5), Recover bw on RF (6)
- 7-8 LF to the left (7), Touch RF next to the LF while bending the left knee and snap with your left hand, arm extended to the left (8)

Partie B

[1-8] WALK R, SWEEP L, CROSS, SIDE, ROCK BACK, ½ TURN R, SIDE R

- 1-2 Step RF fw (1), Sweep LF from back to front (2)
- 3-4 Cross LF over RF (3), RF to the right (4)
- 5-6 Cross LF behind RF by slightly changing the bw on LF (5), Recover bw on RF (6)
- 7-8 Make ½ turn to the right with LF behind (7), RF to the right (8) 12h

[9-16] PRISSY WALK L, PRISSY WALK R, SIDE L, KNEE POP IN R, RAISE ARMS

- 1-2 Step LF forward by slightly crossing LF over RF (1), Hold (2)
- 3-4 Step RF forward by slightly crossing RF over LF (3), Hold (4)
- 5-6 LF to the left (5), Bend right knee in (6)
- 7-8 Make half circle with both hands over 2 counts, starting crossed in front chest, moving down and then sideways out and going up to the sky (1) (2)

Fw : forward - Bw : body weight

Musique : <https://www.youtube.com/watch?v=d5rdty7EXf0>

Source : cette fiche est l'originale. Si vous avez des questions n'hésitez pas à me contacter :

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