

Be Moved

拍数: 56 墙数: 1 级数: Improver
编舞者: Rhonda Ponda Smith (USA) - January 2025
音乐: I Shall Not Be Moved (feat. Kenny Bobien) (DJ Spen & Gary Hudgins Remix) -
Underground Ministries



I believe soul line dances are usually learned by watching people dance it and memorizing the steps and how they fit the music, making strong muscle memories. This dance, fortunately, also lends itself to being counted and written into a step sheet for other learning preferences. The counts are based on the rhythm of the music.

MARCH RIGHT, LEFT

1 2 3 4 Walk to the right on right, left, right, left
5 6 7 8 Walk to the left on left, right, left, right

WALK BACK, CROSS CHA

1 2 3 4 Walk back right, left, right, left
5 6 7&8 Cross right over left, recover on left, cha cha in place right, left, right

CROSS CHA, JAZZ BOX

1 2 3&4 Cross left over right, recover on right, cha cha in place left, right, left
5 6 7 8 Cross right over left, step on left, right, left

JAZZ BOX, POINTS

1 2 3 4 Cross right over left, step on left, right, left
5 6 7 8 Point right foot right, bring right foot in, point left foot left, bring left foot in

POINTS

1 2 3 4 Point right foot right, bring right foot in, point left foot left, bring left foot in
5 6 7 8 Point right foot right, bring right foot in, point left foot left, bring left foot in

FORWARD CHAS

1&2 3&4 Triple forward R L R, triple forward L R L
5&6 7&8 Triple forward R L R, triple forward L R L

BACK STEP TOUCHES

1 2 3 4 Step back on right, slide left to right, step back on left, slide right to left
5 6 7 8 Step back on right, slide left to right, step back on left, slide right to left

REPEAT DANCE

Submitted by: Bonnie Berns - Email: yaelchina@yahoo.com