

# Movement

拍数: 64      墙数: 2      级数: Advanced  
编舞者: Guyton Mundy (USA) & Klara Wallman (SWE) - January 2025  
音乐: Movement - Hozier



(1 tag, 2 repeats)

#16 count intro.

**[1-8]: STEP SWEEP, CROSS SIDE BEHIND, PRESS, STEP, SYNCOPATED ROCK/RECOVER, ½ TURN L**

1a2a      Step L fwd sweeping R in front of L, cross R over L, step L to L side, cross R behind L  
3-4      Sweep L in a circle counterclockwise in front of R, hitch L knee  
5-6      Press L to L diagonal, step L in place  
7&8&      Rock R fwd, recover weight to L, step R back, ½ turn L stepping L fwd (6:00)

**[9-16]: ¾ SPIRAL L, SIDE, SWAYS, ¼ TURN R, FULL CHASE, BACK, BACK COASTER ROCK**

1-2      ¾ turn L stepping on ball of R (9:00), step L to L side  
3&4      Sway R, sway L, ¼ turn R stepping R fwd (12:00)  
5&6      Step L fwd, ½ turn R stepping R fwd (6:00), ½ turn R stepping L back (12:00)  
7-8&1      Step R back, step L back, step R next to L, rock L fwd

**[17-24]: RECOVER, RUN BACK, ARABESQUE, LAYOUT, PREP, FULL TURN R, SIDE**

&2&      Recover weight to R, step back L, step back R  
\*Optional full turn for counts 2&: ½ turn L stepping L fwd, ½ turn L stepping R back  
3-4      Reach L foot straight back, ½ turn L pointing L toe and extending L foot fully (6:00)  
5-6      Step L fwd, step R to R side while torquing L prepping for full turn (weight stays L)  
7-8      Full turn R stepping on ball of R foot (6:00), step L to L side

**[25-32]: SYNCOPATED ROCK/RECOVER WITH ¼ TURN R, ¾ CHASE TURN R, REVERSE ROCKING CHAIR, BACK, ½ TURN L**

1&2      Rock R behind L, recover weight to L, ¼ turn R stepping R fwd (9:00)  
3&4      Step L fwd, ½ turn R stepping R fwd (3:00), ¼ turn R stepping L to L side (6:00)  
5&6&      Rock R back, recover weight to L, rock R fwd, recover weight to L  
7-8      Step R back, ½ turn L stepping L fwd (12:00)

**[33-40]: SHOULDER ROLLS x4, FULL TURN R, SIDE, BEHIND SIDE CROSS**

1-2      Step R to R side so feet are shoulder-width apart and roll shoulders R, L  
3-4      Roll shoulders R, L while torquing to L prepping for full turn (weight goes to L)  
5-6      Step R to R side making full turn R on ball of R foot (12:00), step L to L side  
7&8      Step R behind L, step L to L side, cross R over L

**[41-48]: SHOULDER ROLLS x4, FULL TURN L, SIDE, BEHIND SIDE CROSS**

1-2      Step L to L side so feet are shoulder-width apart and roll shoulders L, R  
3-4      Roll shoulders L, R while torquing to R prepping for full turn (weight goes to R)  
5-6      Step L to L side making full turn L on ball of L foot (12:00), step R to R side  
7&8      Step L behind R, step R to R side, cross L over R

**[49-56]: BACK, BODY ROLL W/HAND MOVEMENT, BALL STEP, ¼ TURN R, CHEST PULSES x2, SHOULDER ROLLS x3**

1-2      Step R back as L arm extends forward (palm facing R) and R hand traces up L arm to R side of face, R hand traces around back and top of head to front of face  
3-4      R hand comes down from face tracing chest as you body roll from chest down

&5-6            Step L next to R, ¼ turn R stepping R to R side as you pulse chest and shoulders to R side twice with weight ending on R (3:00)  
7&8            Shoulder rolls L, R, L stepping L to L side

**[57-64]: CROSS, SIDE, BACK, BACK, ¼ TURN R, FWD, PREP, FULL SPIRAL L, WALK x2**

1&2            Cross R over L, step L to L side, step R back  
3&4            Step L back, ¼ turn R stepping R to R side (6:00), step L fwd  
5-6            Step R fwd prepping for full turn, full turn L on ball of R foot (6:00)  
7-8            Walk fwd L, R

**TAG: On walls 1 & 2, after count 32.**

1-2            Walk fwd R, walk fwd L

**REPEAT #1: On wall 2, dance counts 49-64 twice in a row. Step L next to R (&) after count 64 in order to be on the correct foot to repeat.**

**REPEAT #2: On wall 3, dance counts 49-64 three times in a row. Step L next to R (&) after count 64 in order to be on the correct foot to repeat.**

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