

M.J. Moves

拍数: 32 墙数: 4 级数: Intermediate / Advanced
编舞者: Michele Perron (CAN) & Jo Thompson Szymanski (USA)
音乐: Neighbourhood - Drizabone



PRESS-RECOVER, BEHIND-&-ACROSS, 'HIP' WALKS; LEFT, RIGHT, LEFT, RIGHT

- 1 Right toe-ball 'press' diagonal right forward (right shoulder lifts)
- 2 Push off from right and weight on left (right shoulder drops down)
- 3&4 Right step behind left, left step to side left, right step across front of left
- 5-6 Left step to side left with left hip bump forward; right step to side right with right hip bump forward
- 7-8 Left step to side left with left hip bump forward; execute ½ turn right and right step forward across front of left (6:00)

STEP-LOOK, TURN, TURN, COASTER STEP, TURNING VINE

- 1 Left step to side left (head looks right)
- 2 Hold, (head looks left, right arm swings across front waist, left arm swings to side left (both bend), feet remain apart)
- 3 Execute ¼ turn right with right step forward (9:00)
- 4 Execute ½ turn right with left step back (3:00)
- 5&6 Step right back, left step next to right, step right forward
- 7 Execute ¼ turn right and left step to side left
- & Right cross step behind left (6:00)
- 8 Execute ½ turn left and left step forward across front of right (12:00)

SIDE, REPLACE-KICK, CROSS, SYNCOPATED VINE TURN, PIVOT TURN, FORWARD

- &-1 Right step to side right; left slide/step next to right with right low kick to side right (left foot is meant to 'kick' out right leg)
- 2-3-4 Right step across front of left; left step to side left; right cross/step behind left
- &5-6 Execute ¼ turn left with left step forward, right step forward; left step forward (9:00)
- 7-8 Execute ½ turn right, weight ends right; left step forward (3:00)

RIGHT TRIPLE FORWARD; KICK-BALL-CROSS; LEFT TRIPLE FORWARD; KICK-BALL-CROSS

- 1&2 Right triple steps forward (right, left, right)
- 3&4 Left kick forward (slight head tilt right), left toe/ball step behind, right step across front of left (knees bend deep, head tilts left)
- 5&6 Left triple steps forward (left, right, left)
- 7&8 Right kick forward (slight head tilt left), right toe/ball step behind, left step across front of right (knees bend deep, head tilts right)

REPEAT