I Like To Move It Move It



拍数: 32 墙数: 4 级数: Intermediate

编舞者: Carole Daugherty (USA) & Frank Cooper (CAN)

音乐: Sweat Of Your Brow - Jully Black

on left, (6:00)



RIGHT DIAGONAL STEP-TOUCH-POINT, 1/4 LEFT CHA-CHA STEP, DONE TWICE

1&2	Step slightly forward to right diagonal on right foot, touch left toes next to right heel, point left toes out left
3&4	Turn $\frac{1}{4}$ left stepping left forward across right, step right into 3rd position, step slightly forward on left
5&6	Step slightly forward to right diagonal on right foot, touch left toes next to right heel, point left toes out left
7&8	Turn 1/4 left stepping left forward across right, step right into 3rd position, step slightly forward

HEEL SWITCHES, TOUCH FORWARD WITH HIP PUSHES, TOE JACK, STEP TOGETHER, SIT, RISE

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9&10	Touch right heel forward, bring right foot home, touch left heel forward
&11&12	Step left foot home, touch right toe forward, push hips right, push hips left
&13&14	Step back on right foot, touch left toes forward, step left foot home, step together with right
15-16	Bend both knees into sitting position, rise up straightening knees weight ending on left (add
	body styling accents if desired using syncopation) (6:00)

Restart point, see below

KICK-BALL-POINT, STEP ¼ LEFT, FLICK, STEP, FORWARD, ¾ CHASE TURN RIGHT WITH TOUCH, SIDE-CHECK, CROSS

17&18	Kick right foot forward, step home on right foot, point left toes to left side
&19-20	Turn ¼ left onto left foot, touch/flick right toes back, step forward on right
&21-22	Step forward on left foot, turn ¾ right on the ball of right foot to touch left toes next to right foot
&23-24	Step left foot to left side, check right foot tightly next to left, step left foot forward across right, (12:00)

SIDE, BEHIND-BALL-KICK-BALL-TOUCH, COASTER KICK, BACK-BACK 1/4 LEFT BALL-CROSS		
25-26	Step right foot to the right, step left foot behind right	
&27&28	Step slightly right on right, kick/point left toes forward low across right, step in place on left, touch right toes next to left foot w/ bent knee	
29&30	Step back on right, step left foot next to right, kick right toes forward low	
&31&32	Step back on right foot, prep step back on left foot, turn $\frac{1}{4}$ left stepping onto ball of right, step left foot forward across right, (9:00)	

REPEAT

RESTART

Facing 9:00, begin 4th repetition by dancing only the 1st 16 counts, then restart with count 1